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metroVIEWS

Your essential daily news | WEDNESDAY, SEPTEMBER 30, 2015 | High 17°C /Low 8°C Sun and cloud

IN PERSON: Prime minister comes out swinging against rival parties

This is 'elite political correctness on steroids'

Prime Minister Stephen Harper talks to Metro in Vaughan on Tuesday.
STEVEN GOETZ/METRO

metroTALKS A SIT-DOWN CONVERSATION WITH STEPHEN HARPER

Fernando Carneiro
Metro | Toronto

Stephen Harper says the world is full of danger. In a sit-down interview with Metro, the prime minister warned of international financial crises, pandemics, terrorists and, in a measured way, explained why Canadians can't have the kinder, gentler country the other leaders are promising.

Harper looked almost casual — the top button of his blue shirt undone — as he brought the hammer down on what he called "Canada's elite."

"Look, it's not that elite opinion doesn't matter — and in all matters, expert opinion always counts — but you cannot govern well and you cannot govern properly unless you understand the values and realities of ordinary Canadians," Harper said.

He strongly criticized other parties for opposing stripping Canadian citizenship from people convicted of terror crimes.

"This is kind of elite political correctness on steroids," Harper said. "We can't have two classes of citizens. We can't have a class of people who are war criminals and convicted terrorists as opposed to everybody else.

"A Canadian citizenship means something."

Fear is a guiding factor for this leader. If the common-man look Harper adopted in this interview was forced, his "us versus them" message seemed genuine.

metro Full interview on page 12

PLUS: More on the election, page 13 & 14

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metro NEWS

Your essential daily news

Nepal mulls age and fitness restrictions on Everest climbing hopefuls. **World**

Old City Hall or new city mall?

HISTORY

Officials mulling what to do with iconic building

Luke Simcoe
Metro | Toronto

Reports that Old City Hall could be turned into a shopping mall are greatly exaggerated, say city staff.

With the impending departure of the provincial courthouse, municipal officials have been musing about the 116-year-old building's future.

Some have suggested turning it into a City of Toronto museum, but a staff report released last week suggests converting it into a mix of commercial and civic space.

"The highest and best use for Old City Hall would be conversion to a retail centre that contains a mix of food service, leisure, event and civic uses," reads the report, based on an analysis by the Avison Young brokerage firm.

Politicians and heritage advocates pounced on the report Tuesday.

"I don't want to see Old City Hall, our historic seat of government, become another part of the Eaton Centre," said Coun. Josh Matlow.

"People love to use the term mall, but I don't think of this in that way," countered Joe Casali, the city's director of real estate services.

Casali called the report "exploratory," and said commercial or retail services could help "offset" the cost of a potential museum.

"I don't want to foreclose options until we know what the marketplace would do with the building," Casali said, noting that council will have the final say on Old City Hall's future.

Matlow is a supporter of a municipal museum and is skeptical of mixing heritage education with commercial activity.

"I want people to visit Old City Hall and learn about Toronto. I want them to celebrate our story rather than buy beauty products and home decor," he said.

The current lease with the province expires next year. Staff is recommending extending the lease until 2021 to allow the province to complete its new "super court" facility at Armoury and Chestnut streets.

The value of the lease extension is about $6.7 million.

Old City Hall was the seat of Toronto's municipal government from 1899 to 1966. It's currently home to a provincial courthouse. A city report recommends turning the heritage building into a mixed-use retail centre. TORSTAR NEWS SERVICE FILE

QUIRKY IDEAS

Metro spoke with a number of municipal experts and advocates about how best to reimagine Old City Hall. They agreed a city museum would be a good fit, but some had other ideas.

Democracy school

Toronto author and activist Dave Meslin said the building's proximity to the new city hall and Queen's Park makes it an ideal location for civics education.

"You could turn each courtroom into a classroom, and have classes spend time doing hands-on civics programming," he said.

Co-working space

Metro columnist Matt Elliott think the site could become a "co-working space" for aspiring entrepreneurs.

"That would be right up (Mayor John) Tory's alley."

FACTOIDS

This archival photo from 1907 looks north along Bay Street.
TORSTAR NEWS SERVICE FILE

Much ado about Old City Hall

- Construction on the building began in 1889 and finished a decade later in 1899. At the time it was one of the largest buildings in Toronto.
- Old City Hall was designed by architect Edward James Lennox, who also designed Casa Loma. Lennox would later serve as commissioner of the TTC from 1923 to 1929.
- The building's iconic clock tower is 103.6 metres tall. It was the tallest structure in Canada until 1917.
- The original sandstone gargoyles on the clock tower had to removed in 1938. Bronze versions were reinstalled in 2002, but they are not replicas.
- The building was Toronto's third city hall, and was replaced by the current City Hall in 1966. METRO

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Syrians check the rubble following an airstrike by government forces in Aleppo. Once the country's economic powerhouse, the city has been ravaged by fighting. GETTY IMAGES

Doctor calls for end to airstrikes

SYRIAN CRISIS

Medical teams fearful of attacks on hospitals

Gilbert Ngabo
Metro | Toronto

Airstrikes in Syria must stop for medical relief workers to continue their saving missions, a local doctor has said.

On Tuesday, two missile airstrikes hit the Ghouta hospital, killing three people including two nurses and injuring one. The increase of such incidents targeting hospitals and health facilities is concerning for organizations sending medical staff in Syria, said Dr. Anas Al-Kassem, an Oakville practising physician.

"The very least we are asking for is no airstrikes to hospitals anymore, please," he said. "This is a big concern for us, because very few medical organizations are working inside Syria right now."

Al-Kassem is a board member of the Union of Medical Care and Relief Organizations, a worldwide non-profit charity providing medical assistance to Syrian people. Since 2012, the group has delivered over $7 million in medical supplies to 120 field hospitals and 200 medical points inside Syria.

Working with the network of Syrian medical workers around the world, the group is able to deliver medical assistance where it's most needed, he said. The group also sends medical staff in Syria to train local workers.

Al-Kassem is one of about 50 doctors who are part of the organization. They collect medical supplies and donations to deliver to Syrian clinics through Turkey.

The Tuesday attack has added to the worry relief workers already faced. More than 150 medical facilities have been hit by air missiles since the war started, and some hospitals have been targeted more than once.

> **The coalition needs to clear the skies, create a no-fly zone.**
> Dr. Anas Al-Kassem

Dr. Anas Al-Kassem CONTRIBUTED

"Most of our staff are scared and want to leave the missions," said Al-Kassem. "There's half a million of the population trapped in Ghouta for two years now. If nothing is done, it will be a total catastrophe."

He was in the city of Aleppo last year, and witnessed the worry on the faces of medical workers. Some of them were already operating in basements, he said. More than 50 physicians have lost their lives in these attacks in 2014 alone, he added.

"It is really hopeless. The coalition needs to clear the skies, create a no-fly zone or whatever," said Al-Kassem. "If nurses and doctors start leaving, all these refugees will die of chronic diseases and other illnesses that are easily preventable."

YOUTH PROGRAMS

Ontario pledges adoption support

Ontario is taking steps to make it easier for kids in care of Children's Aid Societies to find a permanent family while also providing more support to adoptive parents.

The province plans to hire 19 "adoption recruiters," in partnership with a program called Wendy's Wonderful Kids run by the Dave Thomas Foundation, to help children find a "forever" home.

Children's Aid Societies will be required to expand their use of the AdoptOntario website to match more of the 6,400 Crown wards with waiting families.

The government will also expand a subsidies program by extending the age of eligibility to eight-to-21-year-olds from 10-to-18-year-olds.

For youth who are still in care, the government will extend funding to their caregivers to the age of 21 instead of 18 to provide a stable home if they need more time to complete high school. THE CANADIAN PRESS

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Authorities are investigating after a watch like this was stolen. COURTESY TORONTO POLICE

CRIME

Police seeking Rolex thief

Do you know someone who has "inexplicably come into possession" of a fancy Rolex? If so, Toronto police would like to talk to you.

Police are asking for the public's help in an investigation after a Rolex watch worth $26,000 was stolen from a downtown hotel pool's change-room locker in July.

According to police, a 46-year-old man went to the swimming-pool area of the Eaton Chelsea Hotel on 33 Gerrard St. W., near Yonge Street, around 11:30 a.m. on July 17. The man placed his belongings, including a Rolex Sea-Dweller 1665 watch, in a change-room locker on the 27th floor.

Sometime between 11:30 a.m. and 12:30 p.m., someone opened the locker and took the watch.

Police are asking for the public's help and for anyone who "knows of any person who has recently and inexplicably come into possession of the same type of watch" to contact them. TORSTAR NEWS SERVICE

$26K

Value of the Sea-Dweller 1665, stolen from the Eaton Chelsea Hotel pool.

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David de Dau has worked with Journalists for Human Rights to improve conditions in his home country. PETER MARTELL/GETTY IMAGES

From rebel to reporter

Former child soldier fosters journalism in South Sudan

Gilbert Ngabo
Metro | Toronto

David de Dau is a man on a mission and he knows it could turn dangerous.

With allegations of corruption, abuse of office and human-rights violations running rampant in the world's newest country of South Sudan, de Dau won't be stopped from trying to bring the truth forward.

He's spearheading a new generation of journalists committed to bolstering the country's young media industry. Seven journalists have been killed in the past year alone.

"As a journalist in South Sudan, the risks are moving with you just like you move with a $10 note in your pocket," he said.

De Dau — who's in Toronto to speak Thursday at a gala organized by Journalists for Human Rights — runs the Agency for Independent Media in the capital Juba. It's a media-development project that seeks to improve journalism ethics and uphold integrity in a profession still trying to find its footing.

Freedom and human rights are subjects very close to de Dau's heart. Brought up in a family that "believes in humanity" — his father is an Anglican bishop and his mother a nurse — de Dau witnessed his father being arrested and tortured by government forces.

Unlike many other child soldiers, he made up his own mind and joined rebels in 1987 at age 11.

"I became very violent in the jungle," he said, remembering the more than 10 years he spent with the Sudanese People's Liberation Army fighters. "Torturing and creating havoc brought so much happiness for us."

It took an encounter with an old man to change his life. Pleading for mercy, the man reminded de Dau of his own father, and the fighters let him live. De Dau, meanwhile, walked away and never went back — making his way through Kenya as a refugee and registering for school.

He eventually reunited with his parents after 19 years.

Today he is a married man, with a daughter and two sons. His biggest dream is to leave a meaningful legacy in the South Sudanese media landscape.

He knows it's not going to be easy in a country where there are no courts and anyone with power can harm you. But that doesn't deter him.

"I saw the footsteps of the devil," he said, referencing the years he witnessed killings, torture and rape.

"The day I decided to go into this journalism job is the day I accepted I could die any time."

AT A GLANCE

- Journalists for Human Rights has worked in more than 20 countries.
- More than 10,000 journalists have taken part in JHR's training, and their stories have helped change policies in countries where government accountability is lacking.
- The group runs training in Jordan, South Sudan, the Democratic Republic of Congo and northern Canada.

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Rare dialects alive in T.O.

LANGUAGES

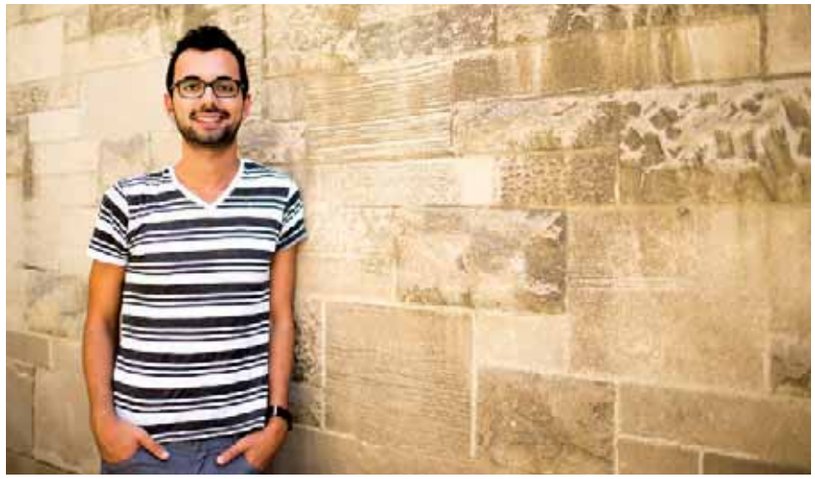
Dozens of languages not in city census stats: Expert

Paolo Frascà's rare Italian dialect "fossilized" in Toronto and found its own community here.

"That is why I speak the dialect probably better than the people in my generation back home in Italy," said Frascà, 24. "It's because I moved here when I was 13 years old."

He speaks a language particular to a small town of about 3,000 people in the region of Calabria in southern Italy. This tongue is closer to Latin than typical Italian because of the region's late Romanization. Back home, younger generations like his don't speak Santonofrese — named after the town of Sant'Onofrio — because it is seen as "lowbrow."

He says that thanks to Toronto's large Italian community, there may be several endangered languages and dialects like his preserved in the city as people continue to speak them with their family.



Paolo Frascà speaks the Italian dialect Santonofrese. He says he speaks the language better than most young people in Italy now because it "fossilized" in Canada. TORSTAR NEWS SERVICE

That's not always the case, though. Anastasia Riehl, who started the Endangered Languages Alliance Toronto, has been documenting which of the world's dying languages are spoken in Toronto, including Frascà's. Some are spoken by just one or two people in the city or even in the world. Without a community to share it, those people stop speaking their language and absorb the regional language instead.

She's interviewed more than a dozen speakers of eight endangered languages from around the world. She's working on a short documentary detailing the stories of three speakers. Riehl has taken time off from her role running the Strathy Language Unit at Queen's University to devote more time to the project.

Toronto's position as one of the most diverse cities in the world — more than 30 per cent of its residents speak a language other than English or French — makes it an "as good if not better" place to document endangered languages.

> **"The global context we're in has definitely impacted because people have all these pressures to speak a more dominant language.**
> Anastasia Riehl

The city's website pegs the number of languages and dialects spoken in the city at more than 140, but Riehl estimates there are "dozens" that don't appear in census figures. Any language becomes endangered, according to the United Nations Organization for Education, Science and Culture (UNESCO), when its speakers cease to use it and when it is no longer passed on to the next generation.

She says the best way to preserve a language is for children to speak it and use it.

TORSTAR NEWS SERVICE

TEACHERS

Union ready to resume talks

The union representing elementary teachers in Ontario says it is ready to resume contract negotiations with the province.

The Elementary Teachers' Federation of Ontario made the announcement shortly after Education Minister Liz Sandals called on it to return to the bargaining table.

In a public statement, Sandals expressed concern with the union's plan to begin rotating strikes next month and encouraged it to reconsider any planned actions that would disrupt students, teachers and families.

ETFO president Sam Hammond responded to Sandals' comments by saying the teachers' union has been ready to return to the bargaining table for two weeks "to bargain a fair and reasonable collective agreement specific to ETFO members."

Hammond said he was looking to Sandals to confirm where and when negotiations would resume.

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TTC prepares for bicycle repairs

Luke Simcoe
Metro | Toronto

A series of bike repair hubs being installed at TTC stations this week will help close the gap between public transit and Toronto's cycling network, TTC chairman Josh Colle said Tuesday.

The bike stations include a post to hang your bike, along with a pump, allen keys and other tools. They will be rolled out at 10 stations to start, but, if they last the winter, Colle said they could be installed system-wide.

Only 11 per cent of TTC riders are cyclists, Colle said, but more than 60 per cent of passengers say they would consider biking to transit.

"We need to make it easier for people to make that choice," the TTC chairman said.

WITH FILES FROM TORSTAR NEWS SERVICE

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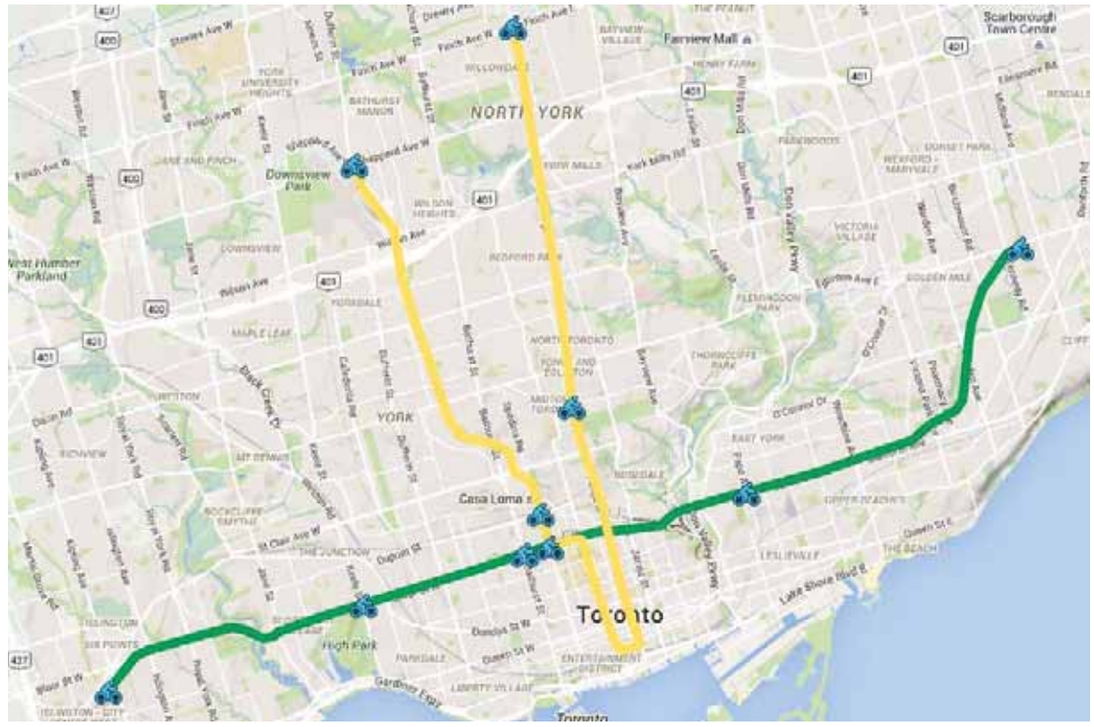
The cost of each bike station installation.



The first 10 bike repair hubs will be located at Bathurst, Davisville, Downsview, Dupont, Finch, Kipling, Keele, Kennedy, Pape and Spadina stations. Above, the TTC's Chris Upfold, left, provides a demonstration of what's on offer at each terminal.

PHOTOS: GOOGLE MAPS, TORSTAR NEWS SERVICE

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Coast Wholesale Appliances
1748 Creditstone Rd, Unit # 1. Vaughan

Corbeil Appliances
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3050 Vega Blvd, Mississauga
2202 Industrial St, Unit D, Burlington
1629 Victoria St, Whitby
45 Legend Court, Ancaster

Faulkner's Appliances
2880 Lakeshore Blvd W, Toronto

Goemans Appliances
3050 Vega Blvd, Mississauga
166 Bunting Rd, St. Catharines
903 Queenston Rd, Stoney Creek
4585 King St E, Kitchener
1040 Wharncliffe Rd S, London
167 Chrislea Rd, Vaughan

Nickersons
50 Russell Ave, St. Catharines

Quan's Appliances
4421 Hwy #7, Unionville
2104 Hwy #7 W, Concord
191 King St W, Oshawa
1837 Lansdowne St, Peterborough

TA Appliances
932 Victoria St., Kitchener
42 Caplan Ave, Barrie
195 Henry St. Unit 103, Brantford
1655 Dundas St E, Mississauga

Tasco Appliances
3041 Dufferin St, Toronto
2111 Dunwin Dr, Unit 11, Mississauga
338 Queen St E, Brampton
11160 Yonge St, Richmond Hill
1101 Kingston Rd, Unit 110, Pickering

‘Hell’s a lot nicer than this’

TRAGEDY

Brampton mourns deaths of three kids, grandfather

From left: Harry, Millie and Daniel Neville-Lake.
COURTESY-KAY PRINCE PHOTOGRAPHY/THE CANADIAN PRESS

Under a grey sky, parents, students and teachers filed into St. Joachim School Tuesday morning for the first of two morning masses that offered remembrance and prayer for three children, all under age 10, and their grandfather who died following a tragic three-car collision allegedly caused by a drunk driver Sunday afternoon.

Members of the Brampton Catholic school community struggled to come to terms with the loss of Daniel Neville-Lake, 9, and his brother Harry, 5 — both students at St. Joachim — as well as their sister Millie, 2, and grandfather 65-year-old Gary Neville.

“It’s a terrible situation,” said Gord Byrne, who has two grandchildren attending St. Joachim.

“Trying to imagine that happening to me, it would be devastating. It would be something that I couldn’t live with.”

He said stricter rules around drunk driving were needed.

“Four lives are gone.... It doesn’t make sense.”

Father James Cherickal tried to bring comfort to congregants young and old struggling to understand the tragedy and reconcile their faith with Sunday’s loss.

“The students were very much affected. Words cannot explain the tragedy,” Cherickal told reporters outside the school.

Parents Jennifer Neville-Lake and Edward Lake attended the mass. “Hell’s a lot nicer than this,” Edward Lake said Monday.

“We close our eyes and they’re all we see.... This is a nightmare that will never go away.”

> **I can’t imagine ... losing your whole family in an instant.**
> Area resident Jessica Jewer

Homeroom teachers told students about the accident Monday morning. Child youth workers and social workers will be on hand to speak with students about events they were still trying to comprehend, said Dufferin-Peel Catholic District School Board spokeswoman Nancy Marshall.

“We’ll rely on our faith to help support each other and bring us together in these hard times,” she said.

Students were encouraged to create pictures, poems and artwork to express their feelings, Marshall added.

Inside the school foyer, a memorial table featured a framed photograph of the family, a memorial book for well-wishers to write their thoughts, and a My Little Pony figurine — Harry’s favourite toy.

“I can’t imagine ever having to go through that, losing your whole family in an instant,” said area resident Jessica Jewer.

She also expressed empathy for the family of Marco Muzzo, now facing charges for offences causing death and bodily harm related to the deadly road crash.

TORSTAR NEWS SERVICE

The bike of Harry Neville- Lake with a $500 handlebar adapter at the family’s Brampton home on Tuesday. TORSTAR NEWS SERVICE

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ELECTION 2015 **METROTALKS STEPHEN HARPER** interviewed by Jessica Smith Cross

'We have a plan for the next four years'

Prime Minister Stephen Harper sits down with Metro reporter Jessica Smith Cross on Tuesday. STEVEN GOETZ/METRO

Metro: According to under-50 lobby group Generation Squeeze, Canadians aged 25 to 34 earn, on average, $4,200 less in their full-time jobs than their counterparts did in the late 1970s — and that's in equivalent dollars. What can the federal government do to help young people be at least as financially successful as their parents' generation?

Prime Minister Stephen Harper: We're obviously living in an age of unprecedented global instability. We now have had, what's it, seven years of ongoing economic and financial crisis across the globe. In that period, Canada has had the best job creation, growth, you name it, across the G7 countries. We believe we have a plan for the next four years to keep moving us forward on that, making sure we continue to reduce taxes for people, we make investments, large-scale investments, that we can afford and do so within a balanced budget. And we believe that if we stay on that track the economic prospects in this country are better than anywhere else.

Metro: People my age (millennials) fear, when it comes to refugees, Canada has become a meaner country. Others fear that if we accept too many Syrian refugees, Islamic State of Iraq and the Levant (ISIL, or ISIS) extremists will enter with them. Is that a real threat?

Harper: Per capita, we are the largest refugee resettlement country in the world. But, at the same time, we've also made clear that we're going to make sure we select people who are genuinely refugees. Organizations like ISIS are planning attacks around the world. There's absolutely no doubt that they are planning attacks. There is absolutely no doubt that they will use migrant flows to try to move people. That said, no one should think for a second that most of the people who are coming are not people doing it for their own reasons; either they're refugees or they're seeking better economic opportunity or they're under humanitarian stress. A tiny percentage of those would likely be a potential terrorist, but they do exist.

Metro: You came to politics as a reformer. What's left for you to change?

Harper: We now want to make sure we secure our economic framework, that we retain our balanced budget, that we make the investments we need to make to really realize the potential and the opportunities of our economy.

Metro: How will Canadian cities look under another four years of your leadership?

Harper: Unlike most of the most developed economies, all of the major developed economies, our average infrastructure age in Canada has actually started to come down a little bit. Theirs is actually rising. We have an opportunity here to make these investments, and we are doing so, without borrowing money, without raising people's taxes.

Metro: If you had a time machine and had the opportunity to go back, what are three piece of advice you would give your younger self?

Harper: I guess if I could say one thing, it's that you don't know what's coming next. Particularly in this age of a global economy. Anything that happens in the world has immediate effects on us. And I'm not just talking about financial crises, refugee crises, the outbreak of a pandemic. Everything in the world can affect us at any moment. The government has to know where it's going. It has to have its fundamentals down, it has to be prepared to adapt.

When there is no reason to keep citizenship, then there's every reason why it should be taken away.

You need to have a philosophy of government, where you're leading. We've been clear where we're leading. A government that's lean, where taxes are low, where we don't create jobs directly but we work closely with economic actors to make sure we have a good environment to create jobs. If you have no philosophy, you will just be anchorless and rudderless. Nobody looks at Canada and thinks that. You can look at a lot of other countries and think that. But I don't think people think that about this country.

Metro: We've heard you make many comments that don't seem positive about elites. What do you think has changed them?

Harper: It's not that elite opinion doesn't matter. It all matters. Expert opinion always counts. But you cannot govern well, and you cannot govern properly, unless you understand the values and realities of ordinary Canadians. You have the other parties opposing, the fact that we now allow the taking way of citizenship from people convicted of terrorist offences. And I listened to the rationales for their positions. And this is elite political correctness on steroids. We can't have two classes of citizens ... We can't have a class of people who are war criminals and convicted terrorists, as opposed to everyone else.

Our Canadian citizenship means something, and if someone, as we just had recently, someone is convicted of trying to plan the most horrific terrorist plot in Canada — it's something that if carried off would have created a 9-11 in downtown Toronto — if we can't take away the citizenship of that person when we're perfectly able to do so, why, what is it our country stands for, exactly? This is a case where I think you've got elite opinion completely divorced to what ordinary people think and understand. You know, not only on security matters, but we are not a country where we want to have in our midst people who want destroy our friends and neighbours.

There's some elements of elite opinion who just kind of oppose military intervention, oppose working with our allies, as a matter of principal. How does that help Canadians? Canadians understand that if we don't put military pressure on (ISIS), they are actually going to plan attacks on us. And they will. And if we're not there, it's going to be worse, not better.

Metro: Would you take away the citizenship of terrorists who only had Canadian citizenship, if you could?

Harper: Well you can't do that because you can't render people stateless.

Metro: Would you want to?

Harper: You can't render people stateless in international law, but when there is no reason to keep citizenship, then there's every reason why it should be taken away.

HARPER TO HARPER

What would this guy... ...say to this guy?

Q. If you had a time machine, what advice would you would give your younger self?

NUMBER ONE. "You don't know what's coming next. Particularly in this age of a global economy. Anything that happens in the world has immediate effects on us."

NUMBER TWO. "You need to have a philosophy. In rapidly changing times, if you have no philosophy, you will just be anchorless and rudderless."

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

VOTER PROFILE

Name: Jessica Wilson-Frenken **Age:** 30 **Riding:** Ottawa Centre
Her issues: Child care, affordable housing, the environment

Seeking an end to the 'fog of disinformation'

ROSEMARY WESTWOOD
in Ottawa

Jessica Wilson-Frenken sits surrounded by delicate bowls, linen tea towels and other hand-crafted, hand-picked items at her lifestyle store, Goods, near Ottawa's ByWard Market.

"I will cry, for sure. I will be brought to tears," the 30-year-old says of another Conservative victory. She laughs, but she's not kidding.

We're meeting on the eve of the foreign policy debate, one of the issues that is driving Wilson-Frenken's "anyone but Harper" vote, which looks to be bound for the incumbent NDP candidate in Ottawa Centre, Paul Dewar. "I'm pretty pro-NDP right now," she says.

She ranks this election as "very important. I'm getting so wrapped up in it."

This is a big-picture election for Wilson-Frenken, not about small measures that might affect her, but issues that define the country.

It's about building a Canada her children — 6 and 3 years old — can be proud of. "The Canada that I grew up being super proud of is vanishing," she says.

This past Canada Day, she stopped to wonder what exactly she was celebrating. "It was emotional."

She's not concerned with small-business tax breaks, having launched her store in March mainly out of a desire to support local artists and chat with people who pop in. She's wondered how much her sales are tied into a stable public-service workforce in Ottawa, but her vote will be based on other concerns.

Chief among them are so-called "women's issues": child care, affordable housing, wage equality, a murdered and missing indigenous women's inquiry.

On foreign policy, she wants to see a Canada that more readily welcomes refugees.

She's hoping for a strong environmental leader in the next prime minister. While she says that folder is perhaps best represented by Elizabeth May, Wilson-Frenken also supports the NDP's environmental platform.

She likes the NDP's child care proposal, despite the fact her kids will be too old for it, and likes that it was NDP MPs who originally pushed for the end of the tampon tax.

As for leader Tom Mulcair, "I trust him," she says. Something that Wilson-Frenken can't say for the Liberals' Justin Trudeau —"I feel there's always an ulterior motive with what he's doing" — or Stephen Harper.

She calls the Conservatives' campaign so far a "fog of disinformation."

"I don't know what they've actually done. I don't feel like I can get to the sources when they're saying, these are the things they've accomplished. I don't trust them at all."

The "fog" also refers to the much-publicized muzzling of government scientists, and the public service in general.

Adding to her pro-NDP vote is the fact Wilson-Frenken likes what Dewar has been doing for her community, including cleaning up Ottawa's rivers. Plus, he has the added bonus planning for a "shoo-in" candidate.

Rosemary Westwood is travelling across the country talking to young voters. On Thursday she'll be in Ottawa again.

On the lookout for affordable daycare

Electorate opens dialogue on viable child care strategies

Lucy Scholey
Metro | Ottawa

Steven Goetz
Metro | Toronto

It's the modern-day catch-22 for many working parents.

To settle for one of the limited affordable daycare spots or have one parent quit a job to take care of the kids?

Often the stay-at-home task falls on mom's shoulders. And it shouldn't, says Martha Friendly, founder and executive director of the Child Care Resource and Research Unit, which is working to secure affordable, quality daycare for all families.

"Women are well-educated and are an important part of the labour force, and child care is an important factor if we want women to participate in the workforce," said Friendly.

A national daycare strategy has been on and off the federal parties' platforms since the 1970s. Paul Martin all but secured a national child-care program in 2004, before Prime Minister Stephen Harper won the 2006 election and scrapped the plan.

This election campaign, only the New Democrats have explicitly promised an "affordable universal national child care program."

The Liberals are promising a "new National Early Learning and Child Care Framework," while the Green Party wants universal child care for at least 70 per cent of children age six or under. Instead of a child-care plan, the Conservatives would expand the Universal Child Care Benefit to $160 a month for newborns and children up to six years old, and $60 a month for the remainder of the age bracket up to 18.

For Jackie Hansen, a single working mother living near the small town of Wakefield, Que., the parties' child-care plans are too focused on middle-class, nuclear families.

> **"This isn't just a family issue. This is a gender-equality issue."**
> Jackie Hansen

"For me, it's how can daycare strategies get women into the workforce, keep women in the workforce and allow us to be successful in the workforce?" said Hansen, a women's-rights campaigner for Amnesty International.

Hansen, like many in the area, commutes to her full-time job in the City of Ottawa, which is about 35 kilometres away. She needs an affordable daycare that's open 10 hours a day, but Quebec child-care centre (CPE) spots are limited. Her toddler, Gabe, has been on the waiting list since birth. He's now 3-1/2 years old.

Even if she were to move closer to work, the search for quality, affordable daycare would still be a challenge.

Last April, there were 3,242 children on the waiting list for a child care subsidy in the City of Ottawa. Even new working parents who don't qualify for the subsidy, like public relations consultant Cynthia Waldmeier, have struggled with finding a spot.

When Waldmeier learned she was pregnant, she immediately signed up for the city's competitive centralized childcare list — even before sharing the exciting news with her parents.

Because many centres in the city start accepting children at 18 months old, finding an early daycare spot proved difficult. They settled for a centre that charged $1,900 a month, which was more than their mortgage payments, but worth it for the short term. Their boy has since moved to a new daycare that's substantially less — $1,243 a month or about $62 a day.

Her advice for the federal party leaders: Meet the daycare demand.

"The stress, when you're newly pregnant, is already there," she said. "Already feeling worried about childcare when you don't have a child that's even arriving for another six to seven months — that is just something where if it can be avoided, that would be all the better."

BY THE NUMBERS

Child care: Can we afford it?

Dead last
Canada's rank among 25 industrialized countries rated by the OECD for the quality and accessibility of their child-care programs

48%
Proportion of earnings that low-income, single-parent Canadian families spend on child-care

$11 Billion
Estimated annual cost of a subsidized national daycare program that would cost **$10 a day** and be free for those earning less than **$40,000** a year

The minimum estimated return, in federal and provincial tax revenue, on every dollar spent on a Canada-wide plan:

150%

SOURCES: ORGANIZATION FOR ECONOMIC CO-OPERATION & DEVELOPMENT, TD BANK

STATSCAN

Seniors outnumber kids for first time

Canada's seniors have edged out the number of children under the age of 15, according to the latest population figures that experts say contain further evidence of a long-projected shift in the country's demographic makeup.

The latest round of data released by Statistics Canada on Tuesday show seniors made up 16.1 per cent of Canada's population as of July 1, 2015, compared to 16 per cent for children aged zero to 14.

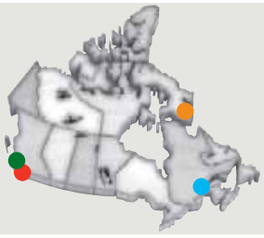
The figures show a fundamental shift in Canada's composition and signal that the time to confront looming challenges is at hand, said Amanda Grenier, director of McMaster University's Gilbrea Centre for Studies in Aging.

Grenier said Canadian policymakers need to emulate policymakers around the world by reconsidering "how to organize society" to cater to the needs of an aging population.

StatsCan said the figures were driven by the aging of the baby boomers. THE CANADIAN PRESS

They're still fairly young seniors.
Demographer David Foot on the baby boomers

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** will be in Quebec City.
- **Justin Trudeau** will be in Surrey, B.C.
- **Tom Mulcair** will be in Iqaluit.
- **Elizabeth May** will be in Burnaby, B.C.

NDP slams Liberals on First Nations math

ELECTION 2015

Costing for education plan doesn't work, says Angus

The federal NDP is questioning the way the Liberals have costed their $2.6-billion pledge for First Nations education, saying the party has promised to top up a Conservative promise that no longer exists.

Ontario NDP candidate Charlie Angus said the Grit costing documents include a $1.7-billion shortfall.

"I'm actually very let down that Justin (Trudeau) played this game because I thought it was a strong benchmark," Angus said in a phone interview.

Trudeau defended his party's numbers Tuesday at a campaign stop in Winnipeg.

"The federal government, under Stephen Harper, announced funding for First Nations education ... that it had actually never spent," Trudeau said. "It is money that exists within the current budgetary framework but has not been spent yet on First Nations education."

Trudeau said his party intends to top up the unspent money with "hundreds of millions of dollars more every year."

But Angus said the math still doesn't add up. "The Conservatives promised that money and pulled it back, so it's not there," he said. THE CANADIAN PRESS

Liberal Leader Justin Trudeau tours electric transformer manufacturer Carte International on Tuesday in Winnipeg. NDP criticism has forced Trudeau to defend his funding strategy.
PAUL CHIASSON/THE CANADIAN PRESS

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Obama sees long fight

TERRORISM

World leaders meet at UN to discuss how to defeat ISIL

Cuban President Raul Castro talks with U.S. President Barack Obama before a bilateral meeting, Tuesday, at the United Nations headquarters in New York. ANDREW HARNIK/THE ASSOCIATED PRESS

U.S. President Barack Obama on Tuesday pledged all possible tools — military, intelligence and economic — to defeat the Islamic State of Iraq and Levant (ISIL), but acknowledged the extremist group has taken root in Syria and Iraq, is resilient and continues to expand.

Obama hosted a UN gathering of world leaders working to expand the battle against terrorism, a day after he and the leaders of Russia, China and Iran addressed the General Assembly during its 70th anniversary.

The fight against terrorism, particularly in Syria, has seized the attention of top officials, but there has been no overall agreement on how to end the conflict there.

"I have repeatedly said that our approach will take time. This is not an easy task," Obama cautioned, while adding that he was "ultimately optimistic" the brutal organization would be defeated because it has nothing to offer but suffering and death.

"This is a long-term campaign — not only against this particular network, but against its ideology," he said.

Meanwhile, making good on a pledge to change U.S. posture toward Cuba, Obama held talks with Cuban President Raul Castro, the second time the leaders of the once-estranged nations have met this year.

Obama and Castro smiled and shook hands before beginning their private talk on the sidelines of the annual gathering of world leaders at the United Nations.

The White House said the leaders discussed additional steps each government can take to deepen co-operation.

THE ASSOCIATED PRESS

MOUNT EVEREST CLIMBERS

Nepal looks at age, experience curbs

Nepal is considering placing new age and fitness restrictions on people who want to climb Mount Everest, officials said Tuesday, as the country looks to enhance safety on the mountain after several disasters in recent years.

The government is mulling barring people under 18 and over 75, as well as those with disabilities, said Mohan Sapkota, a spokesman for the Himalayan country's ministry of tourism. The new rules could also require that climbers attempting to scale the 8,850-metre mountain have experience on medium-size peaks.

"We are discussing the ways to promote safety for mountaineers. The mountain should not be the place for people to die. It should be a place for adventure," Sapkota said, adding that the government's deliberations were at a very preliminary stage.

Everest climbing permits earn Nepal, an impoverished nation, millions of dollars a year, but the government has come under criticism after a series of disasters over the past few years. Officials have also been blamed for granting too many permits.

Trekkers walk towards Everest base camp in Nepal. THE ASSOCIATED PRESS FILE

Nepal currently bars people under 16 from attempting to climb Everest, but has no upper age limit. The oldest person to scale the peak was an 80-year-old Japanese climber.

The youngest to reach the top of the world's highest mountain was 13-year-old American Jordan Romero, who did it in 2010. But Romero climbed from the Tibet side at a time when China imposed no age restrictions on climbers.

THE ASSOCIATED PRESS

Refugees have less space than a dog

metro The Syrian Crisis
German shelters

Refugees coming to Germany can expect a roof over their head, a bed to sleep in and three meals a day. But with authorities struggling to find housing for tens of thousands of people each month, many new arrivals will find their lodgings a squeeze.

Smaller, in fact, than what's permitted for a German shepherd dog. At least three states — including Bavaria — have lowered their requirements for shelters, including for the minimum amount of space available to each refugee. Six states had no minimum requirements, while two required that refugees have at least seven square metres of space each.

By comparison, animal protection laws stipulate that medium-sized dogs get at least eight square metres of kennel space.

THE ASSOCIATED PRESS

IN BRIEF

Top spy pessimistic over U.S. deal with China

The top U.S. intelligence official, Director of National Intelligence James Clapper, told a Senate hearing that he's not optimistic that an agreement the U.S. recently struck with China will effectively deter state-sponsored cyberattacks on business emanating from the communist nation. He said economic sanctions might be the better way.

THE ASSOCIATED PRESS

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Google unveils two new phones

TECHNOLOGY

Upgraded Now personal assistant rivals iPhone's Siri

Dave Burke, vice-president of engineering at Google, speaks about the new Google Nexus 6P smartphone during an event on Tuesday in San Francisco, Calif. THE ASSOCIATED PRESS

Google is countering the release of Apple's latest iPhones with two devices running on a new version of Android software designed to steer and document even more of its users' lives.

The Nexus 6P and Nexus 5X unveiled Tuesday are the first smartphones sold with an Android upgrade called Marshmallow. It features changes that will give expanded powers to Android's personal assistant, Google Now, so it can explore the information that people call up in the mobile applications.

The Marshmallow version of Android enables users to summon Google Now to scan whatever content might be on a mobile device's screen so it can present pertinent information about the topic of a text, a song, a video clip or an article.

The new Android feature, called Now on Tap, will scan the screen in an attempt to figure out how to be the most helpful. Apple's new operating system also has programmed the iPhone's Siri assistant to be more intuitive so it can anticipate what the user might want or need before being explicitly asked.

Google began taking preorders for the Nexus phones in the U.S., United Kingdom, Ireland and Japan on Tuesday, with prices for the 6P starting at $499 US and $379 US for the 5X with no commitment to a wireless contract required. They are expected to start shipping by mid-October.

The debut of the latest Nexus phones underscores the steadily intensifying rivalry between Google and Apple as they duel for consumers' loyalty in the increasingly important mobile device market.

THE ASSOCIATED PRESS

BOARDS

CIBC to set targets

CIBC plans to set formal targets this year for the number of women on its board of directors and in executive officer positions, the bank's CEO said.

"In business, people respond to targets," Victor Dodig said during a roundtable hosted by the Ontario Securities Commission on the issue of gender diversity on corporate boards.

In a joint initiative with other securities regulators, the OSC released a review Monday of a new "comply and explain" policy that requires publicly traded companies to disclose certain statistics around the representation of women on their boards and in executive officer positions.

THE CANADIAN PRESS

market minute

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Our office allows shorts on casual Fridays during the summer, but now it's back to long pants. This is unfair because women are still allowed to wear short skirts and dresses. Should I protest?

Dear Ellen,

Our office dress code allowed shorts on casual Fridays during the summer, but now it's back to long pants for everyone. This is unfair because women are still allowed to wear short skirts and dresses year-round. Should I protest?

Patrick, Edmonton

Dear Patrick,

I'm of the view that great swaths of naked flesh are not appropriate for any respectable workplace, and I could even use the etiquette argument that covering up as per the rules makes for a more comfortable and productive office where no worker need be distracted by semi-nudity at the next desk.

That being said, your question raises some interesting issues around civil rights and sexism.

Assuming your office is indoors and your duties don't require a hazmat suit or fire-retardant underwear and you haven't signed a contract agreeing to wear a company uniform or abide by any other rules re: clothing and accessories, you can pretty much wear whatever you like to work in this shining democracy we call Canada. That's barring any contravention of the Criminal Code, section 173's dictates on indecent exposure.

If you're challenged by the brass, you can always take it to court. You have a good chance of winning, as other Canadian workers have, over the years, won the right to wear pantsuits (for women) or earrings and sideburns (for men).

You'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in.

Personally, I might choose a different battle to risk my job over, like: are the skirt-wearing non-male people in your office being promoted and paid equally, while elsewhere in our shining democracy women earn 74 cents for every dollar earned by men? Does your company support recycling? Is there one flickering fluorescent light that is giving you migraines, but no matter how many times you complain nothing happens? And you swear to God one day you are really going to lose it and take that cheap ugly broken coat stand and smash those flickering white tubes to pieces? And then mercury vapour will infect the entire office and is that what they want?!

But that's just me. If baring your lower limbs to the people you work with is a civil-rights issue you truly believe in, I wholeheartedly support your right to go ahead and protest.

As for your complaint that the rule is sexist, one might argue that, good lord, man, women are making 74 cents on your dollar and now you're whining because they get to wear dresses? But I am not that person. I think all sexist rules are all bad, no matter who seems to benefit. And the dress thing is not always a benefit. While waiting tables at one of several disgusting restaurants during university, I was once required to wear a bust-enhancing Bavarian-fraulein frock made out of some special kind of plasticized polyester that retained the body odour of every previous wearer, no matter how many scalding-hot wash cycles I put it through. And it was a pizza restaurant!

The fact is, "letting" women wear dresses and skirts, and deeming smooth, slim female limbs more acceptable than knobby, hairy male limbs, is just another example of how our patriarchal shining democracy condescendingly idealizes the female form. That reinforces the idea that women are softer and more decorative — i.e., less useful — than brawny men, which then makes it easier to relegate the semi-clothed "skirts" to the 74-cents-on-the-dollar category.

So, Patrick, rest assured that you'd be breaking no rules of etiquette by defying your company's dress code. It's always good manners to stand up for what you believe in. And, if you don't feel like going to the barricades over it, allow me to suggest one other way you can follow the long-pants-or-skirts-only rule and still feel the breeze on your knees.

You can always wear a kilt.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

Vote for public services by ballot, not crowdfunding

Laura Boast
Metro | Toronto

Another heartbreaking narrative, the kind people open their wallets for: high-needs Ottawa schools with pitiful libraries have resorted to competing for funding in Indigo's Adopt a School contest.

The principals' comments on the contest website reveal hints of desperation. "Many of the books on our shelves are terribly out of date," writes Cindy Beauchamp, principal of Queen Mary Street Public School. "Our school demographic is such that we are unable to raise funds for the library on our own."

To win, a school needs to drive the most people to click to "adopt" it on the website. The three schools in each province with the most clicks win the lottery ($10,000, $7,500 or $5,000, respectively, in Indigo gift cards). That's a jackpot, especially at the Young Adult bargains table.

It's a popularity contest to win the proceeds of your cash-register donations to Indigo's Love of Reading Foundation. In other words, crowdfunding for public education. I thought that's what taxes were for.

No one would begrudge a school library new books, and clicking is more efficient than selling chocolate bars. But there's something wrong when schools or public services have to turn to crowdfunding. Not surprisingly, with government cutbacks, it's taking off.

Two years ago, with his city fresh from bankruptcy, the mayor of Central Falls, R.I., turned to the civic crowdfunding site Citizinvestor to raise money for park trash cans.

It was a success: a small number (68) of likely wealthy donors raised $10,000. But the cash won't cover the cost of workers to empty the new trash cans or replacements when the sparkly new cans themselves become trash.

In a larger campaign, a small Welsh town turned to the crowdfunding site Spacehive to get the last $40,000 needed to build a community centre. There was a sense of urgency: government grants for the project were about to run out. The U.K. comic Stephen Fry challenged his four million Twitter followers to donate. Result: the town has a new community centre.

But not everyone has a Stephen Fry. Funding for public resources shouldn't require a celebrity endorsement. It shouldn't be a contest to see who can tell the best story.

Civic crowdfunding is like the Hunger Games: it pits people with equally worthy causes against each other. Like the series' hero, Katniss Everdeen, those with extra strengths (social-media savvy, a great personality) prevail. But it's not just individuals at risk in this very public game — it's the idea of equitable, impartial, fair public funding.

That's what we pay governments for. The more crowdfunding takes over, the less government has to. Public services are always going to be a popularity contest, but I want my vote to be on the election ballot.

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metro LIFE

Your essential daily news

Happy news: Pharrell and Penguin Young Readers to donate up to 50,000 books to children

Orange you glad it's October?

IN SEASON

Spice up your fall food repertoire with tasty and versatile pumpkin

Pumpkin is definitely the "flavour du jour" at this time of year, although much of the coffee, tea, chips, cereal, marshmallows, gum and even beer that purport to be pumpkin-flavoured haven't been within a mile of real pumpkin.

Instead, they're made using the spices that give pumpkin pie its distinctive taste — some combination of cinnamon, nutmeg, clove, ginger, allspice and mace.

But if you want the real thing — from scratch — "it requires some work," says Rodney Weisner, chef at the Designer Café in Kentville, N.S.

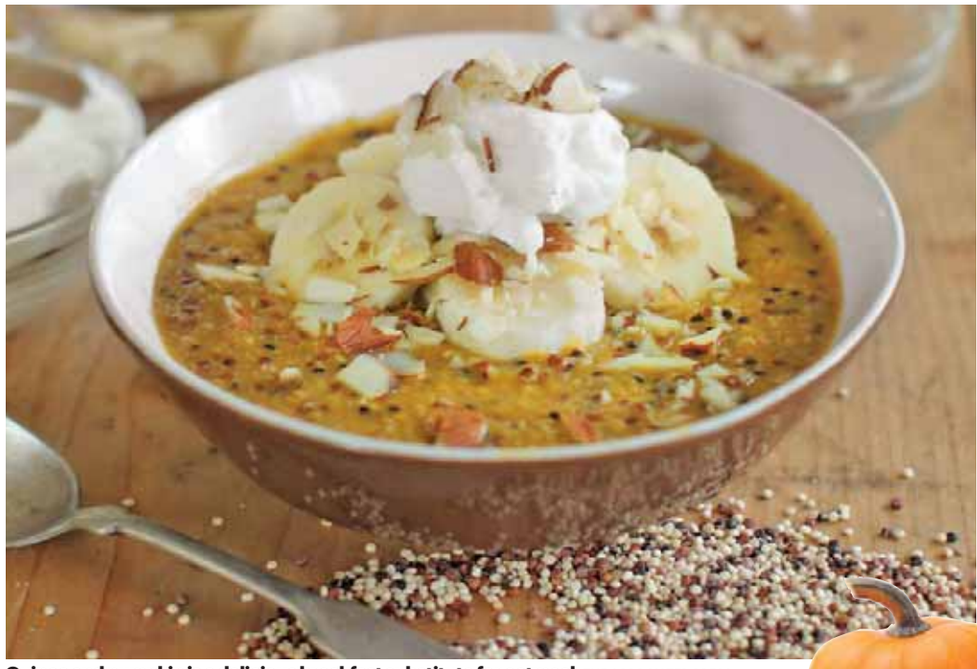
Weisner confesses that he usually uses canned, unspiced, 100 per cent pumpkin purée in his creations, simply for convenience.

To start with an actual pumpkin is time-consuming and a bit intimidating.

First you have to know there is a difference between carving pumpkins and those used for cooking. Pie pumpkins — also called sweet or sugar pumpkins — are generally smaller, the "meat" is denser, with a less grainy texture, and the skin is easier to peel.

Once you have the right pumpkin, you have to peel it, remove the stringy bits and seeds, then chop it, he says. If using in a stew, for example, the chopped pieces can be added raw. But for every other pumpkin dish Weisner can think of, the chopped pumpkin has to be cooked before it can be combined with other ingredients.

He generally boils it until tender, but it can also be steamed or roasted, even in the shell (after the pumpkin has been cut in half and cleaned out).



Quinoa and pumpkin is a delicious breakfast substitute for oatmeal. THE ASSOCIATED PRESS

Most recipes call for pumpkin purée, which would describe pumpkin out of a can. To make your own, purée cooked pumpkin in a blender or with a handheld blender and then let it drain in a colander or through cheesecloth for a couple of hours to remove excess moisture.

Pumpkin has a natural sweetness, he says, and perhaps that's why it seems to be more commonly found in dessert-type dishes than in savoury presentations.

Pie is the quintessential pumpkin dessert and a holiday tradition in many families. But pumpkin breads, cookies, all kinds of cakes, brownies, muffins, cheesecake, mousse and puddings are also popular.

In terms of savoury dishes, "you can basically insert pumpkin into any recipe where you would use a squash or turnip, such as an ingredient in stew, for example," says Weisner. "It's going to add a sweetness; not as sweet as parsnip, for example, but somewhat similar."

Soup is one of the most common savoury pumpkin dishes, but it can also be used to make pasta, lasagna, risotto, hummus and many other dishes.

One of Weisner's favourites is ravioli made with a pumpkin stuffing, garlic cream sauce and topped with Parmesan cheese. He also likes to add "background heat, a little chili powder or a pinch of cayenne, just to give an interesting flavour note."

THE CANADIAN PRESS

RECIPE

Kick-start the morning with a quinoa-pumpkin breakfast bowl

Quinoa is packed with protein, full of fibre and vitamins, and — bonus! — it's gluten-free. The quinoa breakfast bowl is a quick morning meal that can be easily customized according to your family's preferences. Mix cooked quinoa with milk, flavouring (vanilla, orange zest, coconut, etc.), and heat in the microwave until warm. Top with fruit, nuts and maybe some yogurt, dried fruit or a drizzle of maple syrup. Done. Warm, filling, healthy breakfast bowls that everyone will love.

With fall upon us, this quinoa-pumpkin breakfast bowl will have you feeling positively autumnal.

Start to finish: 10 minutes
Servings: 1

- 3/4 cup cooked quinoa
- 1/4 cup unsweetened vanilla almond milk (or other milk)
- 2 Tbsp pumpkin purée
- Dash of pumpkin spice (or cinnamon and nutmeg)
- 2 tsp maple syrup
- 1/2 banana, sliced
- 2 Tbsp low-fat plain Greek yogurt
- 1 Tbsp chopped almonds (or other nut)

In a microwave-safe bowl, mix together quinoa, almond milk, pumpkin purée, pumpkin spice and maple syrup. Heat in the microwave until very warm, 1 to 2 minutes. Stir, then top with banana, yogurt and nuts.

THE CANADIAN PRESS

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SUPREME COURT OF NOVA SCOTIA

BETWEEN:

CIBC Mortgages Inc., trading as FirstLine Mortgages, a body corporate — PLAINTIFF

– and –

Tracey Harvie — DEFENDANT

NOTICE OF ACTION TO TRACEY HARVIE

TAKE NOTICE that a legal action has been commenced against you in the Supreme Court of Nova Scotia to foreclose on the mortgage of the property located at 16 Brule Street, Lot 34, Dartmouth, Halifax County, Nova Scotia. The amount claimed under this mortgage includes, among other things, the sum of $102,089.53 plus interest at the rate of 3.00% on the sum of $100,866.99 from November 20, 2014 forward, and costs.

AND TAKE NOTICE that the Plaintiff may continue its foreclosure proceeding against you without further notice to you unless within thirty (30) days from the date of this newspaper, you or your solicitor contest the Plaintiff's foreclosure by filing a Notice of Defence with the court located at 1815 Upper Water Street, Halifax, Nova Scotia, and the undersigned.

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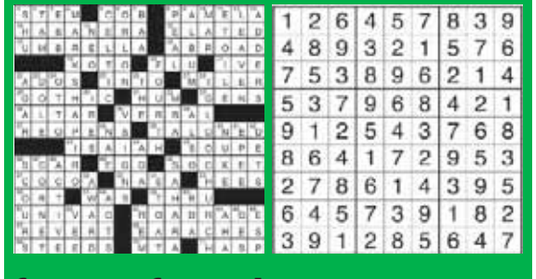

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LIQUID ASSETS

Take a sip of this magnificent Moscato

While it may seem that sweeter red blends get all the attention, the white Moscato grape has carved out a nice little niche for itself among wine lovers both with and without a sweet tooth.

Moscato is the Italian name for the Muscat grape. Grown for centuries in Italy's northwestern region of Piedmont, where the slightly fizzy Moscato d'Asti is a classic, it's one of the world's oldest vines.

Soft, juicy and with a generally low alcohol level, a Moscato is the quintessential cocktail wine and an easy-drinking companion to a multitude of food, including hard-to-match cuisine like salads, fruit and anything spicy.

Though Italy may lay claim to its origins, today Moscato is grown just about everywhere, including Canada. The typically Mediterranean climate in South Africa embraces the grape, with the lightly tropical Two Oceans 2014 Moscato ($9.95-$12.99) offering a balanced mouthful of thirst-quenching peach and pear.

PETER ROCKWELL/METRO

The perfect plant protein?

SUPERFOODS

Sacha Inchi is high in protein and omega-3 fatty acids

Theresa Albert
For Metro Canada

Sacha Inchi may be the best plant-based protein you have never heard of.

Inca nuts, as they are sometimes known, are the lightly roasted kernel of a seven-foot tropical vine that can produce fruit a few times per year.

The seed of this fruit is harvested from its husk and inedible goopy layer and then roasted into a nutty, crunchy snack much like peanuts or soy nuts.

The most common way to consume it, though, is within a protein powder that you may mix into a sport beverage.

These pricey must-have snacks are still hard to find outside health food stores and online health purveyors.

The nut has been consumed by the Peruvians for millenia as it grows wild in the tropics. The plant fruits a nut that is rich and balanced in all amino acids and has the impressive omega-3 fatty acid profile of fish. It's also full of critical nutrients like vitamins A and E.

The search for a great protein source that's also low in bad fats has led to the soy craze — now winding down thanks to GMO politics.

Fish are another great source of protein that's high in good omega-3 fatty acids, but it comes with its own set of issues like overfishing and ocean pollution.

So is the answer Sacha Inchi?

Not quite — the way the nuts are grown might prevent them from becoming the next "superfood."

Like many ancient tropical foods, they tend to prefer their wild ways and resist cultivation ... so far.

But now you will know what that cool/quirky ingredient is when it shows up as the hot item in your meal replacement or granola bar: The nutty vegan food with an even nuttier name.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

NEW

Keurig's Crock-Pot-sized soda maker

Making a glass of Coke at home will soon be possible, if you don't mind paying more than $300 for a machine that sits on your kitchen countertop. Plus an extra dollar or so per drink.

On Tuesday Keurig Green Mountain said it will start selling a machine that makes single servings of cold beverages including Coke, Sprite, Dr. Pepper and flavoured seltzer waters. The machine is similar in concept to Keurig's brewers, which let people make cups of coffee and tea by inserting a pod into the machine and pressing a button.

Coca-Cola is betting big on Keurig Kold, too; the world's biggest soda maker owns a 16.8 per cent stake in Keurig Green Mountain.

Still, it's not yet clear who will buy the Keurig Kold, which is the size of a very large Crock-Pot. Keurig says the suggested retail price for the machine is $369.99, but that prices could be as low as $299 depending on promotions. Each pod will cost between $1.12 and $1.25 and make an 8-ounce serving. That means it's not really a way to save money, since people can buy 2-litre bottles and 6-pack cans of soda for less, on a per-serving basis.

Instead, Keurig CEO Brian Kelley said Kold is a way for people to have a variety of drinks at their disposal, without having cans and bottles take up space in their homes. Among the other drinks the machine can make are "craft" sodas made by Keurig, and later this year, cocktail mixers.

"It's a premium — it's about choice and convenience," Kelley said.

The idea of making sodas and other drinks at home isn't new. SodaStream International also sells a carbonation machine that makes seltzer and other flavoured drinks. But its machine differs from the Keurig Kold.

With SodaStream, people fill a bottle with water and press down on a button to carbonate the liquid. They can add as much carbonation and flavouring as they want. A complaint among some users is that the carbonation comes from a CO2 canister, which needs to be replaced every several weeks or so, depending on how often it's used.

The Keurig Kold, by contrast, is more controlled. People fill the machine's water tank, then insert a pod to create a specific drink, such as Coke. The pods have two chambers — one with the carbonation, and one with the syrup or flavour. The machine makes the drink in about 90 seconds or less, chilling the water in the process.

In addition to its high price, Phil Terpolilli at Wedbush Securities thinks a barrier to Kold's popularity will be that soda is already so widely available.

"The consumer can already can go into a fridge and crack open a Diet Coke," Terpolilli said.

Still, Keurig thinks its Kold machine could eventually be bigger than its coffee brewers, which it says are in about 17 per cent of U.S. households. In addition to going on sale on its website Tuesday, the company says the Kold will be available starting in October at select retailers in Atlanta, Boston, Chicago, Dallas, Los Angeles and New York.

Will there be enough buyers for a gigantic personal soda-making machine from Keurig? THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

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Fifth cookbook Fresh off the press

COOKING

Toronto chain releases a book of vegetarian delights

It's always a thrill when popular Toronto vegetarian chain Fresh reveals its recipes. Super Fresh is the restaurant's fifth book.

The book

Super Fresh: Super Natural, Super Vibrant Vegan Recipes ($29.99), the fifth instalment in Fresh's cookbook series, offers fans more than 200 "craveable" recipes for meals, juices, nut milks, shots and green smoothies.

Kyla Zanardi's photos make it clear that this is colourful, dynamic, vibrant food that just happens to be vegan. On the food front, the chapters include breakfast/brunch, tasters, salads/dressings, soups, sandwiches/wraps/tacos, burgers, bowls, sauces and spreads/mixes/marinades and more.

The Authors

Founder Ruth Tal and chef Jennifer Houston are partners in Fresh Restaurants, which has branches on Bloor Street West, Queen Street West, Spadina Avenue and Eglinton Avenue East. They've authored four previous Fresh cookbooks — Juice for Life (2000), Fresh at Home (2003), Refresh (2007) and Fresh (2013).

Recipes we're dying to make

Hot banana oat milk, swoosh (power shake), cauliflower benedict, banana nut pancakes, crispy cauliflower bites with Sriracha salt and miso mayo, supergrain soup, oyster mushroom po'boy, Jerusalem bowl and miso gravy.

TORSTAR NEWS SERVICE

PHOTOS: TORSTAR NEWS SERVICE

RECIPE: TOFU CUBES

This delicious tofu recipe would be perfect to make at Thanksgiving.

Eat the marinated cubes raw if you like, but they're even better if they're coated and cooked. Eat them on their own and in rice or noodle bowls, salads and wraps.

Nutritional yeast is sold in most supermarkets, usually in the organic/healthy section, but is also on bulk and health food stores.

The crispy tofu coating was recently made gluten-free, with corn starch replacing wheat germ.

I got 48 cubes from a 350-gram package of tofu.

Marinated tofu

Serves 4

Ingredients

- 1/2 cup apple cider vinegar
- 3/4 cup tamari
- 1/4 cup water
- 1 block extra-firm tofu, cut into 3/4-inch cubes

Directions

1. For marinated tofu, in bowl, stir together vinegar, tamari and water. Add tofu. Turn to coat.

2. Let stand at least 15 minutes or cover and refrigerate up to 2 days.

(You can eat these raw or cover with crispy tofu coating and pan-fry.)

Crispy cubes

Ingredients

- 1 cup large flake nutritional food yeast
- 1/2 cup corn starch or wheat germ
- 1 tbsp garlic powder
- 1/4 tsp each: fine sea salt + freshly ground black pepper

For frying:

- Oil (sunflower, canola or coconut)

Directions

1. For crispy tofu coating, in medium bowl, whisk nutritional yeast, corn starch or wheat germ, garlic powder, salt and pepper. Use immediately or store in airtight container at room temperature in cool, dry place. Makes 1-1/2 cups.

2. To cook, remove tofu cubes from marinade, discarding liquid or reserving for a second marinade. Place about 3/4 cup crispy tofu coating, or more as needed, in shallow bowl. Add tofu pieces and toss until completely coated.

3. In large frying pan, heat 1/2-inch oil over medium heat. Cook tofu until evenly browned, about 1 to 2 minutes per side. Alternately you can do this in batches in a small saucepan with several inches oil so the tofu is submerged.

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WINE

Harlequin: Bottled-up romance

In the latest wine and book pairing, publisher Harlequin, best known for their bodice rippers and romance novels, has teamed up with a California winemaker to launch a trio of bottles for an evening of lusty reading.

The collection, Vintages by Harlequin, features the kind of names you'd find on Harlequin covers: Wild at Heart, Substitute for Love and Pardon My Body.

Labels harken vintage love in the 1950s and '60s, when buxom, demure heroines with bouncy hair, pencil-thin eyebrows and scarlet lips were swept off their feet by dark, rugged, chesty leading men.

"Beneath that luscious, full-bodied exterior was a mystery of many layers," reads the back label for Wild at Heart.

"She was warm and soft, bold and exotic and my passion grew with each encounter."

The trio includes a Chardonnay, Cabernet Sauvignon, and a red blend. Wines are produced by California winery Vintage Wine Estates in Santa Rosa.

Harlequin's foray into wine follows on the heels of E.L. James who made the natural transition from steamy mommy porn to wine in 2013 with the launch of Grey Red Satin, a red blend of Petite Syrah and Syrah, and White Silk, a blend of Gewurztraminer and Sauvignon Blanc.

Vintages by Harlequin are sold exclusively on Amazon.com and available only to U.S. customers and retail for $14.95 US. AFP

McDreamy or not, Grey's goes on

INTERVIEW

Ellen Pompeo says show was due for an upheaval

Lisa Weidenfeld
Metro | New York

It's not every show that can recover from the loss of one of its two romantic leads, but that's just what Grey's Anatomy will be trying to do this fall.

While the show has been popular over the years for many reasons, a large part of its early success was certainly due to the chemistry between leads Ellen Pompeo and Patrick Dempsey. After Dempsey's beloved McDreamy was written off last season, Pompeo will now be carrying on the banner without him, but she thinks it's good for the show to go through transition.

"I always say this. In order for a one-hour drama to continue, there have to be big upheavals. Every time we've lost a major character — we've had such amazing characters on the show — and every time we've lost one and it's been devastating and sad and you think, how can the show go on? But that's how the writers find inspiration," explains Pompeo.

> **I know that the focus this year is going to be how do you move on in the face of tragedy**
> Ellen Pompeo

And for a show that's been on the air over a decade now, that can inject some necessary life into the work for all the crew. "It always feels completely new, which is why it's easy to keep going," says Pompeo of the atmosphere once one of the cast members leaves.

The show has gone through some high-profile departures over the years, with the firing of Isaiah Washington after an on-set altercation and Katherine Heigl leaving after criticizing her character's storylines. But Pompeo has stuck by the show and creator Shonda Rhimes throughout, and when asked if she wished Dempsey had been written off in a different way, answers, "I never question Shonda, ever. What she's doing is clearly working."

And that might mean a new romantic interest for Meredith Grey, who's now scrambling in the wake of the death of the love of her life. In response to the prospect of a new love interest, Pompeo says, "As long as Shonda comes up with it, I'm down for whatever."

With that in mind, she says, "I know that the focus this year is going to be how do you move on in the face of tragedy, and (Meredith's) got three kids and I guess to dive into her kids and work is the most logical place."

After all the tragedy at the end of the last season, Pompeo says this season will likely be a little less dark. "Shonda really wants this season to be a lot lighter," she explains. "We have some cute interns and some fresh blood, so I think you have to mix it up. We were dark, now we have to go light. You have to keep changing to keep the audience engaged."

SEASON PREMIERE
Grey's Anatomy airs on CTV Thursdays at 8 p.m.

Ellen Pompeo has stuck with Grey's Anatomy through think and thin. HANDOUT

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CABLE

Minaj gets TV show

Television loves music stars, as two deals with Nicki Minaj and Curtis 50 Cent Jackson demonstrate.

ABC Family said Tuesday that Minaj will executive produce and appear in a new scripted comedy series for the cable channel.

The sitcom will be based on her family's move from Trinidad to the United States and Minaj's development as an artist growing up in Queens, N.Y., the channel said. It will be shot in Queens this winter.

The airdate and other cast members were not announced.

Also Tuesday, Starz said it has signed Jackson to an exclusive two-year deal to develop new projects for the channel.

He also will continue to serve as executive producer on the drama series Power, which is in production for its third season on Starz.

THE ASSOCIATED PRESS

NEWS

Carrey's partner found dead

Actor Jim Carrey's longtime girlfriend has been found dead after an apparent suicide, the Los Angeles county coroner's office confirmed Tuesday. Cathriona White was pronounced dead at 8:40 p.m. on Monday with pills near her body. White was found at a home on Briarwood Dr. in Sherman Oaks, CA. She was 30 years old.

In a statement released Tuesday, Carrey said White was a "kind and delicate Irish flower, too sensitive for this soil." He said his heart goes out to her friends and family.

TORSTAR/THE ASSOCIATED PRESS

Jonas gives love a try

RELATIONSHIP

Nick and Kate Hudson spotted coupled up in Miami

Ned Ehrbar
Metro | Hollywood

Instead of pondering too deeply exactly why there's a constant fixation on whom Nick Jonas, 23, is or isn't dating, let's just check in on the latest subject of speculation: none other than Kate Hudson.

Yes, you read that right. Jonas' current tour brought him to Florida this weekend, where he was spotted hitting up Disney World with Hudson, 36, by his side one day, then enjoying a nice brunch at a private club in Miami with her the next, according to TMZ.

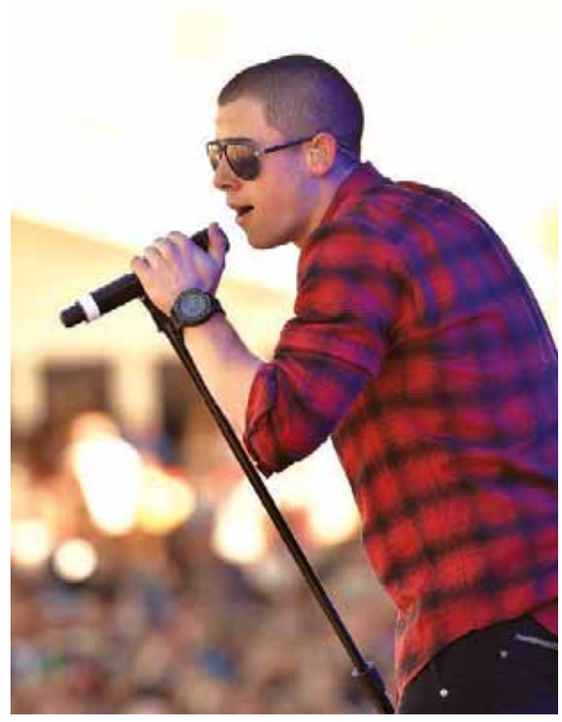
Oh, and Hudson doesn't live in Florida, just saying.

"The buzz around the property is that they were acting like a couple," a source says.

"They were definitely there together.

"They made an effort to keep things under wraps, using the private pool for members that's harder for regular guests — and paparazzi — to get glimpses of."

If this is in fact a thing, I'm all for it.



Nick Jonas ALL PHOTOS: GETTY IMAGES

metro DRIVE
Your essential daily news

Jaguar teams up with British cobbler Oliver Sweeney on two new styles of formal driving shoe

Stick shift a perk in Mazda6

ROAD TESTED

REVIEW

Transmission option, steering impress in 2016 'refresh' model

Jil McIntosh
For Metro Canada

There's no question that, overall, most buyers prefer automatic transmissions, and so that's what most cars have. So it was a pleasure to pick up the 2016 Mazda6 and discover that, in addition to a six-speed automatic, it's also possible to order a six-speed stick shift. And even more unusually, it comes not just in the base model, but can be optioned in all three trim lines.

The 2016 model is a "refresh" rather than a new model, with better seats, quieter cabin, and new interior and exterior styling. It's a very handsome car with its swept-back styling and, on my top-line GT trim, LED headlights and running lights, along with a light bar that follows the edges of the grille.

Although its name has a six, that's not what's under the hood. Instead, all models get a 2.5-litre four-cylinder that makes 184 horsepower. That might not sound like a lot on paper, but it's a gutsy performer when you're behind the wheel. The shifter only needs a light touch to click precisely into each gear, and the clutch takes up smoothly. The steering is equally accurate and quick to respond, but despite its nimble nature, this Mazda actually feels bigger than it is.

The interior is quite handsome, especially with my tester's black-and-white leather upholstery. The infotainment screen is a tablet atop the dash, which you're going to be seeing in many more vehicles because it keeps your eyes up while you're looking at it, and frees up space in the centre stack.

But the climate control buttons and display are small and require too much attention. The GT trim also includes a driving display that shows your speed and other info right in front of you. Pricier cars project it onto the windshield, but the Mazda6 uses a pop-up plastic screen that, while useful, looks tacked-on and cheap.

Those quibbles aside, Mazda has turned out a very impressive ride here, both in its looks and how it performs. And if you like a stick shift, it just gets better.

> **it's a gutsy performer when you're behind the wheel.**

THE CHECKLIST | 2016 MAZDA6

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engine (hp/torque). 2.5-litre I4 (184/185)
Transmissions. Six-speed manual or six-speed automatic
Price. Base $24,695, as-tested $32,895

COOL FEATURES

- Front and rear heated seats
- Electronic parking brake
- Heads-up display
- Regenerative electric system
- Adaptive cruise control
- Forward collision alert with braking
- Automatic high-beam headlights

JIL MCINTOSH/FOR METRO

POINTS

- The Mazda6 was the 2014 Canadian Car of the Year, voted by the Automobile Journalists Association of Canada (AJAC).
- The voice command on the available navigation lets you say the entire address at once, instead of line by line.
- The automatic is extra-charge in the base GX, but either transmission comes at the same price in the GS and GT.

MARKET POSITION

Mazda's "SkyActiv" is a variety of fuel-saving technologies, including lightweight materials and drivetrain optimization. The company says gasoline isn't going away any time soon, and it prefers to use this instead of electric or hybrid vehicles.

THE COMPETITION

Hyundai Sonata
Base price: $23,999

Ford Fusion
Base price: $22,899

Toyota Camry
Base price: $24,100

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*0% lease or finance available on 2015 Camry, Corolla, Yaris and Venza's for 36 months. Corolla CE manual transmission lease is semi-monthly for 60 months with $2100 down payment when you apply the $600 Lease Assist. Includes freight and fees. HST extra. All in Finance is Bi-weekly for 84 months when you apply the $500 Finance Assist. Includes freight and fees. HST extra. All in price includes freight and fees. HST extra. Rav4 FWD LE all in lease payment is Semi-monthly for 60 months with $1,950 down payment when you apply the $500 Lease Assist. Includes freight and fees. HST extra. All in Finance price is Bi-weekly for 84 months. Includes freight and fees. HST extra. All in price includes freight and fees. HST extra.

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Starting From Price for
2015 Jeep Wrangler Sport S shown: $28,640.◊

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Starting From Price for
2015 Jeep Patriot North Edition
shown: $22,535.◊

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Starting From Price for
2015 Jeep Grand Cherokee
Overland shown: $58,690.◊

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Retailer may sell for less. •$500 Bonus Cash is available only on select 2015/2016 Chrysler 300/300C and Town & Country models, 2015/2016 Jeep Grand Cherokee models, 2015/2016 Jeep Compass models (excluding Sport 4x2 & 4x4), 2015/2016 Dodge Charger and Challenger models (excludes SRT Hellcat), 2015/2016 Dodge Durango, 2015/2016 Ram 1500 models (excluding Reg Cab 4x4 and 4x4) and 2014/2015/2016 Ram Heavy Duty models purchased/leased at participating retailers from September 17 to 30, 2015. Bonus Cash will be deducted from the negotiated purchase/lease price before taxes. Offer available at participating Atlantic and Ontario retailers only. See retailer for complete details and conditions. †0% purchase financing for up to 72 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Jeep Cherokee Sport FWD (24A)/2015 Jeep Renegade Sport 4x2 (21A)/2015 Jeep Patriot Sport 4x2 (25D)/2015 Jeep Wrangler 2-Door 4x4 (23B)/2015 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $24,482/$19,995/$15,495/$20,995/$38,895 with a $0 down payment, financed at 0% for 72/36/36/36/36 months equals 156/78/78/78/78 bi-weekly payments of $157/$256/$199/$269/$499 with a cost of borrowing of $0 and a total obligation of $24,482/$19,995/$15,495/$20,995/$38,895. ◊Total Discounts of $3,750 consist of $3,750 Consumer Cash on the 2015 Jeep Patriot Sport 4x2 (25D). Total Discounts of Consumer Cash/Lease Cash discounts are deducted from the negotiated lease price before taxes. ➤2.99% purchase financing for up to 96 months available on select new 2015 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2015 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $24,482 with a $0 down payment, financed at 2.99% for 96 months equals 208 bi-weekly payments of $132 with a cost of borrowing of $3,075 and a total obligation of $27,557.01. ‡3.49% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Jeep Patriot Sport 4x2 (25D)/2015 Jeep Wrangler 2-Door 4x4 (23B) with a Purchase Price of $15,495/$20,995 with a $0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $85/$116 with a cost of borrowing of $2,286/$3,097 and a total obligation of $17,781/$24,092.43. *Jeep Cash/Consumer Cash Discounts are deducted from the negotiated price before taxes. ♦4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2013, 2014 and 2015 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Example: 2015 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $36,625 leased at 4.99% over 60 months with $4,998 down payment, equals 240 weekly payments of $97.32 with a cost of borrowing of $6,097.20 and a total obligation of $29,091.40. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. ¥$2,500 Lease Cash available on the 2015 Jeep Grand Cherokee Laredo (23E). Lease Cash is deducted from the negotiated lease price before taxes. ≈Non-prime financing available on select models on approved credit. 4.99% financing available on 2015 Ram 1500 Quad SXT 4x4/2015 Chrysler 200 LX/2015 Jeep Patriot Sport 4x2. 6.99% financing available on select 2015 models. Financing examples: 2015 Jeep Patriot Sport 4x2/2015 Jeep Cherokee Sport FWD with a Purchase Price of $15,495/$24,482, with $0 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $101/$170 with a cost of borrowing of $2,895/$6,546 and a total finance obligation of $18,390.30/$31,027.86. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ∞Based on 2014 *Ward's* Middle Cross Utility segmentation. △Based on 2014 *Ward's* Sport and Cross Utility segmentations. √Based on 2014 *Ward's* Small Sport Utility segmentation. ±Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

3 AUTOMOTIVE UPSTARTS STARTED UP AT FRANKFURT

As well as established brands showcasing their latest wares, this year's motor show proved to be the ideal platform for the launch of new and reborn marques with huge ambitions, especially in the premium and electric vehicle markets. AFP

DREAM TEAM

What sets Thunder Power apart from other small firms with big ambitions are two things. The first is that it is already an established tool-making company looking to move into another area — which is how much of the Japanese auto industry was born. And the second is the executive team behind the car is Peter Tutzer and Franz Schulte, formerly of Bugatti and Ford, respectively.

1 Thunder Power

Even before the technical specifications were revealed, there was a lot of interest in the Thunder Power concept, simply because of its name. A company that is aiming to break into the nascent premium electric car market currently dominated by Tesla, it hopes to hit the ground running, silently and for 600 km between charges, by 2017.

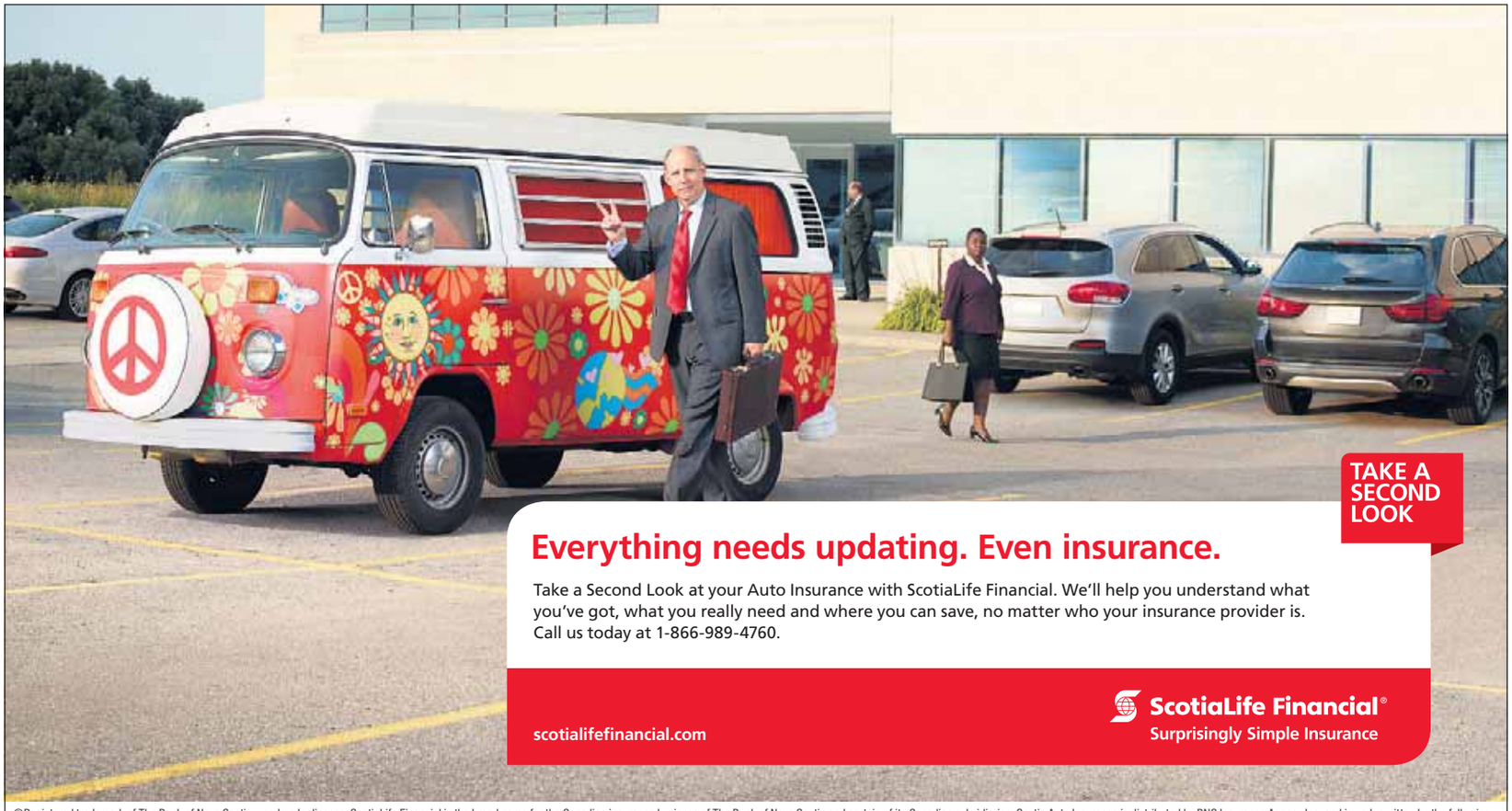
As well as range, it also hopes to compete in terms of power and appearance. It has a claimed 430 bhp, an electronically limited top speed of 250 km/h and can go from standstill to 100 km/h in less than five seconds. Styling is described as European, and a close look reveals hints toward Jaguar and Maserati in there, though there's also an element similar to Mitsuoka. Inside lines are very clean and very European in terms of fit, finish and material, and there's a great wraparound TFT screen that runs the length of the dashboard in place of normal dials.

2 Artega

Like the Thunder Power, the new Artega Scalo is a pure electric car, but its makers aren't new to the market. Artega was a German sportscar company that went under in 2012 but it is now back, and it announced its electrically powered relaunch at this year's show. The Scalo looks like a traditional mid-engined supersports car — low-slung with wide hips and big air intakes. And while it can hit 100 km/h in just 3.6 seconds, it does so with electric motors. It has a claimed range of 400 km between charges and, if connected to a 64-kW DC charger, will be ready to go again in just one hour.

3 Borgward

It might sound like a school for wizards but it was once a premium German automotive brand — think BMW today — until 1961 when the company went under. Like Artega the company chose Frankfurt for its relaunch, and its first car, the BX7, is a very clean-looking sculpted crossover with a premium interior. Initially power will come from a turbocharged petrol engine but the company is aiming to move to a hybrid setup and then eventually to full electric power. It also has very serious ambitions for the car, forecasting medium-term sales in the region of 500,000 units a year.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+ **$2,500** IN TOTAL FINANCE CASH[2] (INCLUDES $1,000 OWNER CASH)
OR UP TO **$4,500** TOTAL CASH CREDIT ON OTHER MODELS[3] (INCLUDES $1,000 OWNER CASH)

2015 TRAX LS MANUAL

FOR **0% PURCHASE FINANCING 84 MONTHS[1]**
+ **$2,000** IN TOTAL FINANCE CASH[10] (INCLUDES $500 OWNER CASH)
OR UP TO **$4,000** TOTAL CASH CREDIT ON OTHER MODELS[11] (INCLUDES $500 OWNER CASH)

2015 MALIBU 3LT

FOR **0% PURCHASE FINANCING 84 MONTHS[1]**
+ **$3,000** IN TOTAL FINANCE CASH[4] (INCLUDES $500 OWNER CASH)
OR UP TO **$7,695** TOTAL CASH CREDIT ON OTHER MODELS[5] (INCLUDES $500 OWNER CASH)

2015 EQUINOX LS AWD

FOR **0% PURCHASE FINANCING 84 MONTHS[1]**
+ **$2,250** IN TOTAL FINANCE CASH[12] (INCLUDES $750 OWNER CASH)
OR UP TO **$5,450** TOTAL CASH CREDIT ON OTHER MODELS[13] (INCLUDES $750 OWNER CASH)

2015 IMPALA 1LZ

FOR **0% PURCHASE FINANCING 84 MONTHS[1]**
+ **$1,250** IN TOTAL FINANCE CASH[6] (INCLUDES $750 OWNER CASH)
OR UP TO **$5,250** TOTAL CASH CREDIT ON OTHER MODELS[7] (INCLUDES $750 OWNER CASH)

2015 TRAVERSE LS FWD

FOR **0% PURCHASE FINANCING 84 MONTHS[1]**
+ **$750** IN TOTAL FINANCE CASH[14] (INCLUDES $750 OWNER CASH)
OR UP TO **$4,750** TOTAL CASH CREDIT ON OTHER MODELS[15] (INCLUDES $750 OWNER CASH)

2015 CAMARO LS

FOR **0% PURCHASE FINANCING 84 MONTHS[1]**
+ **$1,750** IN TOTAL FINANCE CASH[8] (INCLUDES $750 OWNER CASH)
OR UP TO **$5,250** TOTAL CASH CREDIT ON OTHER MODELS[9] (INCLUDES $750 OWNER CASH)

2015 SILVERADO Double/Crew 2WD WT

FOR **0% PURCHASE FINANCING 84 MONTHS[1]**
+ **$5,000** IN TOTAL FINANCE CASH[16] (INCLUDES $1,000 OWNER CASH)
OR UP TO **$10,380** TOTAL CASH CREDIT ON OTHER MODELS[17] (INCLUDES $1,000 OWNER CASH, AND $1,200 PACKAGE DISCOUNT)

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Offer is unconditionally interest-free. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. **2** $2,5 00 is a combined credit consisting of $500 September Bonus (tax inclusive), $1,000 Owner Cash (tax inclusive) and $1,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Cruze which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **3** $4,500 is a combined total credit consisting of $500 September Bonus (tax inclusive), $1,000 Owner Cash (tax inclusive) and a $3,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Cruze (excluding LS 1SA) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $3,000 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Cruze LS 1SA. **4** $3,000 is a combined credit consisting of $500 September Bonus (tax inclusive), $500 Owner Cash (tax inclusive) and a $2,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Malibu 3LT which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **5** $7,695 is a combined credit consisting of $500 September Bonus (tax inclusive), $500 Owner Cash (tax inclusive) and a $6,695 manufacturer to dealer cash credit (tax exclusive) for a 2015 Malibu (except LS,3LT) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $6,695 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Malibu LS and 3LT. **6** $1,250 is a credit consisting of $500 September Bonus (tax inclusive) and $750 Owner Cash (tax inclusive) for a 2015 Impala 1LZ which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **7** $5,250 is a combined credit consisting of $500 September Bonus (tax inclusive), $750 Owner Cash (tax inclusive) and a $4,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Impala (except 1LZ) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $4,000 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Impala 1LZ. **8** $1,750 is a combined credit consisting of $750 Owner Cash (tax inclusive) and a $1,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Camaro LS which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **9** $5,250 is a combined credit consisting of $750 Owner Cash (tax inclusive) and a $4,500 manufacturer to dealer cash credit (tax exclusive) for a 2015 Camaro (except LS) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $4,500 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Camaro LS. **10** $2,000 is a combined credit consisting of $500 September Bonus (tax inclusive), $500 Owner Cash (tax inclusive) and $1,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Trax which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **11** $4,000 is a combined credit consisting of $500 September Bonus (tax inclusive), $500 Owner Cash (tax inclusive) and a $3,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Trax (except LS manual) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $3,000 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Trax LS with manual transmission. **12** $2,250 is a combined credit consisting of $500 September Bonus (tax inclusive), $750 Owner Cash (tax inclusive) and $1,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Equinox which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **13** $5,450 is a combined total credit consisting of $500 September Bonus (tax inclusive), $750 Owner Cash (tax inclusive) and a $4,200 manufacturer to dealer cash credit (tax exclusive) for a 2015 Equinox LS FWD which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $4,200 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Equinox LS AWD. 14 $750 is a credit consisting of $750 Owner Cash (tax inclusive) for a 2015 Traverse LS FWD which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **15** $4,750 is a combined credit consisting of $750 Owner Cash (tax inclusive) and a $4,000 manufacturer to dealer cash credit (tax exclusive) for a 2015 Traverse (except LS FWD) which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $4,000 credit which will result in higher effective interest rates. Discounts vary by model and cash credit excludes Traverse LS FWD. **16** $5,000 is a combined credit consisting of a $1,000 Owner cash (tax inclusive), $3,000 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab and a $1,000 manufacturer to dealer finance cash (tax exclusive) for a 2015 Silverado 1500 which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **17** $10,380 is a combined total credit consisting of a $3,000 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab, $1,000 Owner Cash (tax inclusive), a $1,200 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2015 Chevrolet Silverado Light Duty (1500) Double Cab LS equipped with a Custom Edition and a $5,180 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab WT 4WD, LS, LT or LTZ which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $5,180 credit which will result in higher effective interest rates. Discounts vary by model. **1/2/3/4/5/6/7/8/9/10/11/12/13/14/15/16/17**/***Freight & PDI ($1,600/$1,650/$1,650/$1,650/$1,650/$1,650/$1,650/$1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. 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See dealer for limited warranty details. **18** Offer available to retail customers in Canada only. $500 September Bonus applies to new 2015 Chevrolet Cruze, Malibu, Impala, Trax, Equinox and Silverado LT Crew Cab delivered from September 16, 2015 – September 30, 2015. The $500 September bonus includes HST/GST/QST/PST as applicable by province. Limited time offers, which may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details.

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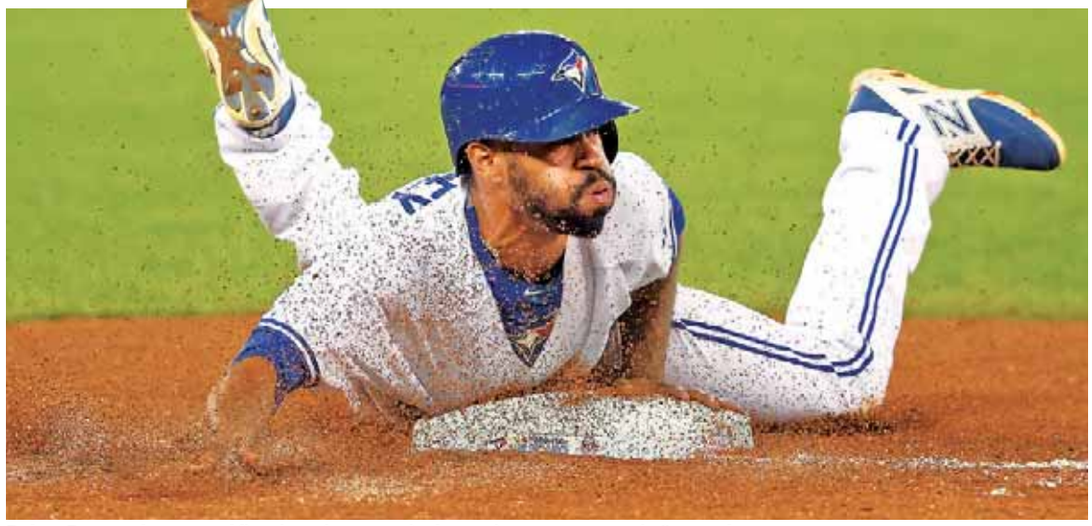
Bulls guard Derrick Rose will have surgery after suffering a left orbital fracture on the first day of practice

Pompey on fast track to Jays' post-season roster

MLB

Mississauga native provides threat as a pinch runner



Dalton Pompey has scored five times in seven pinch-running appearances in September. TOM SZCZERBOWSKI/GETTY IMAGES

Dalton Pompey's season has not gone as the 22-year-old Mississauga native had hoped, but the speedy outfielder could still play a pivotal post-season role for his hometown team.

Pompey broke camp as the Blue Jays' starting centre-fielder after an impressive cameo last September, but he struggled early and spent the bulk of the season in the minors, even falling at one point to Double-A before getting back on track with a much-improved second half.

He was recalled to the Jays earlier this month as big-league rosters expanded for the final month of the season, and while he has made just two plate appearances and played just four innings in the outfield, he has been utilized as a pinch runner to great effect.

"Shoot, he's been perfect with it," manager John Gibbons said before Tuesday's game against the Orioles was rained out. "He's stole a few bases and every time he gets on he seems to score, so it's worked pretty good."

In seven pinch-running appearances, Pompey has stolen three bases and scored five times.

Monday night was his latest opportunity when, pinch-running for catcher Dioner Navarro, Pompey scored the game-winning run in the ninth inning on a soft squibber by Justin Smoak.

"He's got a great first step and then he flies," Gibbons said. "He's helped us win a couple of games."

Given the success of the Kansas City Royals in last year's post-season, when they employed an aggressive base-running approach and used a pair of pinch-running specialists in Jarrod Dyson and Terrance Gore, could Pompey serve a similar role for the Jays?

> **"Never in my wildest dreams would I think I would be in this position."**
> Dalton Pompey

With his speed and defensive ability, Pompey could be favoured over Ezequiel Carrera for the fourth outfielder's spot on the post-season roster; or the Jays could potentially carry both players on their bench and go with seven rather than eight relievers.

On Tuesday, at least, Gibbons sounded like Pompey had made a strong case to be included.

"I think every team needs one of those guys," he said. "We've got some guys in our lineup that you need to run for."

Smoak, Navarro, Edwin Encarnacion, Chris Colabello and Russell Martin could all be lifted late in games for pinch runners. Pompey knows that could be his ticket.

"Obviously I saw last year with Gore and Dyson, those guys coming in late in crucial spots in the game," he said. "They're just as important as everybody else. If I'm able to fill that role, then great. I look forward to more opportunities where I can." TORSTAR NEWS SERVICE

AL EAST

Red Sox pound Pineda and the Yankees

Michael Pineda was hit hard at the start, and the New York Yankees' playoff push was delayed once again when the Boston Red Sox got two homers and five RBIs from rookie catcher Blake Swihart in a 10-4 victory Tuesday night.

It was a season-best fifth straight win for the Red Sox.

Pineda (12-9) and the Yankees began the day looking to lock up at least a wild card, but that chance was washed away when Minnesota was rained out in Cleveland. New York needs two wins in its final five games — or some help — to reach the post-season for the first time since 2012. THE ASSOCIATED PRESS

Toronto eyes division title on doubleheader day

The Blue Jays-Orioles game Tuesday night was postponed because of rain, forcing a doubleheader Wednesday at Camden Yards in Baltimore.

And with their magic number down to one, the Jays will have two chances at clinching the AL East title on their own.

Marcus Stroman (3-0, 1.89 earned-run average), who was scheduled to start Tuesday, will take the mound for the first game and R.A. Dickey (11-11, 4.00 ERA) the second. Miguel Gonzalez (9-11, 4.85) starts Game 1 for Baltimore and Kevin Gausman (3-7, 4.49) Game 2. THE ASSOCIATED PRESS

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MLS

Like Jays, long-suffering Toronto FC ready to party

The Toronto Blue Jays have already started their post-season celebrations. Toronto FC could soon join them in cracking the playoff bubbly.

Toronto (13-13-4) needs to beat visiting Philadelphia (9-15-7) on Saturday and have New York City FC and Orlando drop points in their matches to make the playoffs for the first time in franchise history. A TFC tie could also do it depending on other results in the Eastern Conference.

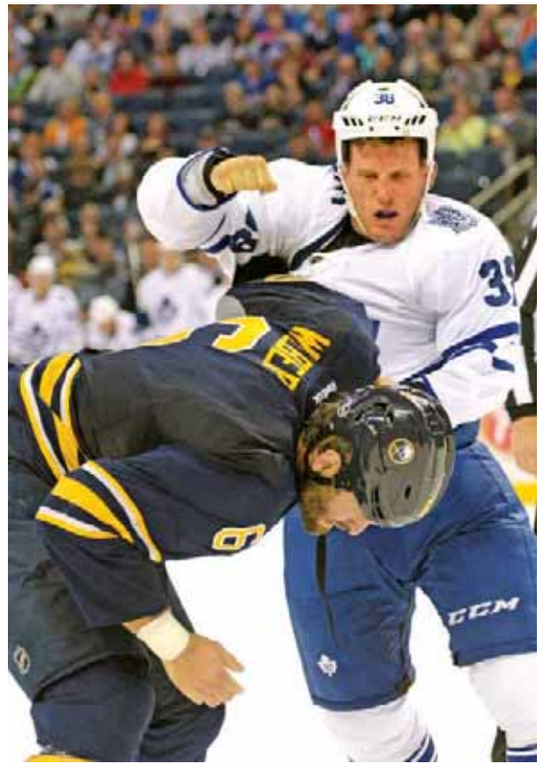
Greg Vanney THE CANADIAN PRESS FILE

Would TFC mark the moment with a celebration?

"It would be hard to say there wouldn't be," manager Greg Vanney said.

"So when that moment comes, I can pretty much assure you there'll be some form of a celebration. Then we'll get back to the business of positioning (in the standings)."

THE CANADIAN PRESS



NHL PRE-SEASON EICHEL SCORES FIRST IN BUFFALO Sabres defenceman Mike Weber fights Toronto Maple Leafs forward Richard Clune during Tuesday's in Buffalo. Robin Lehner made 26 saves and rookie Jack Eichel scored his first goal of the pre-season to lead the Sabres to a 4-0 win. GARY WIEPERT/THE ASSOCIATED PRESS

Basketball and 'the meaning of life'

NBA TRAINING CAMP

Biyombo reflects on journey from Congo to T.O.

There are 16-year-olds for whom the biggest decisions are when to get their driver's licences, kids who wonder about how they'll spend Friday night or the weekend or who they might have their eye on as the girlfriend or boyfriend of the moment.

To them, those are the complications of life and they are decisions that weigh heavily.

Bismack Biyombo?

He sat down with his parents as a 16-year-old and told them he was leaving the Republic of Congo, his home and a loving, caring family to move to Yemen to explore his sporting talents.

And to find himself.

Biyombo sat at Raptors training camp in Burnaby, B.C., Tuesday, a worldly, accomplished, well-spoken 22-year-old with a firm grasp on who he is and what's important in the world.

"I just wanted to get out there and learn and see how the world is outside of my family," the new Raptors centre said. "You grow up with your family and it's great, but you get to live by yourself and understand the meaning of life.

"It was a gamble but at the same time it was a challenge. I told my parents, 'If I ever fail, I think I will come back to school and finish school and be a good citizen.'

"My goal also wasn't to go and fail, my goal was to go and do it. I got out there and did what I had to do and I'm thankful it turned out to be the way it did.

"I embraced every single moment."

The move — from his home in Lubumbashi with the full blessing of his mother Francoise and his father Francois — started Biyombo on an incredible journey. He was a teenaged basketball phenom in Yemen and turned that into contracts with a handful of organizations in Spain which eventually led him into becoming the seventh pick in the 2011 NBA draft.

Bismack Biyombo works out at Raptors training camp on Tuesday in Burnaby, B.C. DARRYL DYCK/THE CANADIAN PRESS

> **I just wanted to get out there and learn and see how the world is outside my family.**
>
> Raptors centre Bismack Biyombo who left his native Congo at age 16

Along the way he's become as grounded a young man as exists in the NBA today.

Raptors president and general manager Masai Ujiri's ties to his African heritage are as strong as Biyombo's are to his.

They knew each other when Biyombo was emerging as a talent but have always had a mutual respect and love for their continent that has endured. Biyombo and Ujiri spent time at clinics and camps and an exhibition game in Africa in the summer cementing a bond that transcends basketball.

"I'll tell you the truth, I love Africa," Biyombo said. "Obviously Masai has done an amazing job for a lot of young kids by giving them an opportunity in their life and that's what I'm trying to accomplish. We have people looking up to us as leaders in Africa and obviously it's good opportunities to work with all these guys and Masai himself."

All because a teenager sat with his mother and father and told them it was time to find out what the world was like. And what he was like.

"More than anything, it's just thanking my parents . . . without my parents, I should not be who I am today," he said. "They have helped me from Day 1, they have supported me. I know it wasn't easy." TORSTAR NEWS SERVICE

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REGISTRATION DEADLINE: Thursday, October 1 at Noon

Bayern Munich striker Robert Lewandowski scored three times against Dinamo Zagreb Tuesday giving him 10 goals in his last three matches. ALEXANDER HASSENSTEIN/BONGARTS/GETTY IMAGES

Jose doesn't get his way in Porto

CHAMPIONS LEAGUE

Chelsea's struggles seep into Europe

Jose Mourinho's season took another turn for the worse on a night of surprises in the Champions League.

With Chelsea floundering in 14th in the English Premier League, a win at Porto on Tuesday would have been a much-needed boost, but instead Mourinho watched a 2-1 defeat at the hands of the club he led to the Champions League title in 2004.

Mourinho said his team paid the price for "two ridiculous mistakes" in defence as Yacine Brahimi and Maicon's goals powered the Portuguese team to victory.

Arsenal fared no better than its London rival, losing 3-2 at home to Olympiacos. That leaves Arsenal bottom of Group F with rapidly shrinking hopes of qualifying for the knockout stages. Another surprise was in store in Belarus, where BATE Borisov upset Roma 3-2.

However, Barcelona pulled off a dramatic escape to avoid defeat against Bayer Leverkusen, scoring in the 80th and 82nd minutes to turn defeat into a 2-1 home victory.

"We are the European champions and we knew that in the second half we had to show it," said Luis Suarez, who scored the winner.

Mourinho's former club went ahead in the 39th when Brahimi beat Branislav Ivanovic and Gary Cahill on the left, with goalkeeper Asmir Begovic pushing away Brahimi's shot only as far as Andre Andre who fired a first-time volley into the net.

THE ASSOCIATED PRESS

AROUND EUROPE

GROUP E
Barcelona 2, Leverkusen 1
BATE Borisov 3, Roma 2
GROUP F
Bayern 5, Dinamo Zagreb 0
Olympiakos 3, Arsenal 2
GROUP G
Dynamo Kyiv 2, Maccabi 0
Porto 2, Chelsea 1
GROUP H
Valencia 1, Lyon 0
Zenit 2, Gent 1

Jose Mourinho's career took off when he coached Porto to the Champions League title in 2004. ARROYO MORENO/GETTY IMAGES

IN BRIEF

FIFA bans Warner for life

Four years after stepping down in disgrace, former FIFA vice-president Jack Warner was banned from soccer for life on Tuesday, accused of repeated acts of bribery related to World Cup bidding votes.

Warner, a long-time ally of president Sepp Blatter, is currently fighting extradition from Trinidad and Tobago on U.S. charges of racketeering, wire fraud and money-laundering.

THE ASSOCIATED PRESS

Brady calls an audible on endorsing Trump

New England Patriots quarterback Tom Brady says his comments that he hopes Donald Trump will win the presidency were taken out of context and an example of why he tries to say as little as possible when speaking publicly.

"I don't even know what the issues are. I haven't paid attention to politics in a long time," Brady said on Boston radio.

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RECIPE Halibut Tacos with Strawberry Salsa

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We know, fish and fruit seems a little odd. But trust us, you'll love this combination.

Ready in
Prep time: 15 minutes
Serves 4

Ingredients
- 1 pound halibut fillets
- Olive oil
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 1/4 tsp pepper
- 1/2 tsp salt, divided
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Directions
1. Preheat the oven to 450 degrees. Prepare a rimmed baking sheet. Place fish on the pan and give each piece a coating of oil.
2. In a small bowl, whisk the coriander, cumin, garlic, pepper and a 1/4 teaspoon of the salt. Sprinkle the fillet with the mixture to coat.
3. Cook the fish until the colour is opaque and the meat flakes with a fork, about 10 to 15 minutes. Wrap a stack of tortillas in a moist tea towel and place in a casserole dish and cover with a lid or aluminium foil. Place in the oven for 10 minutes to warm.
4. In a medium sized bowl, mix strawberries, watermelon, onion and lemon juice. Sprinkle with the cilantro and remaining 1/4 tsp of salt and toss.
5. Serve fish flaked into large pieces with tortillas, salsa and slices of avocado.

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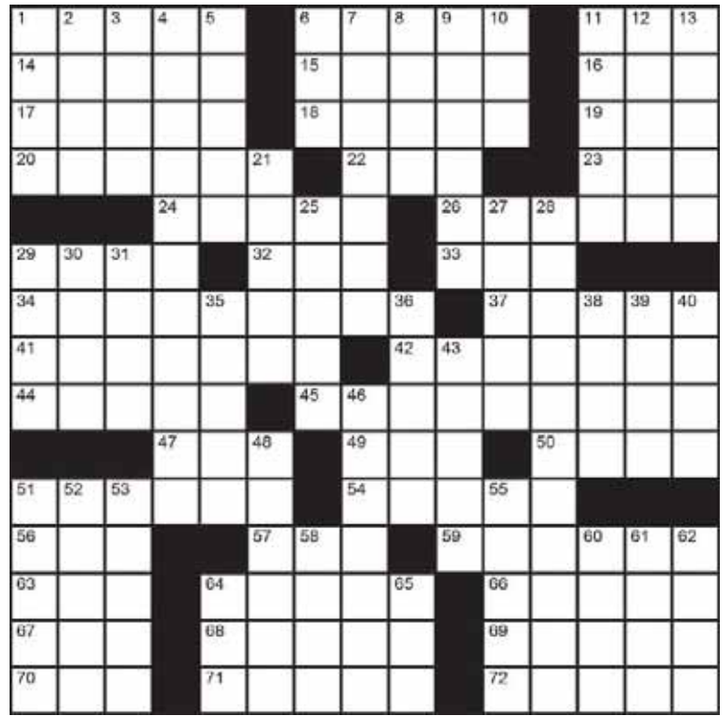
BY KELLY ANN BUCHANAN



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6. Adjust
11. Slugger's prop
14. Electronics brand of Japan
15. Other: French
16. Gladiator's 3
17. Gas and elec., e.g.
18. Li'l agenda
19. Task
20. Comedy muse of ancient Greece
22. Paranormal power, puny-ly
23. Not new, quaint-style
24. Maiden name of Morticia Addams
26. Clear, in the Court
29. Up for it
32. Dunk a bit
33. Not me
34. Goes to the fitness club
37. "For Whom the Bell Tolls" (1943) character
41. Fly south as a bird in Fall
42. "Let's Shake" by Hamilton band _ Head
44. Gin flavourings
45. Airline ticket booking specification
47. 19 TV _. (Production co. for "American Idol")
49. Mr. Byrnes of "77 Sunset Strip"
50. Vegetables of Japan
51. Plum _, Manitoba
54. Seize power
56. Be decisive
57. Race the engine
59. Shoplift
63. Currency in Romania
64. Mother: Spanish
66. Like a "Happy Days" geek
67. Flub
68. Army assistants
69. Audience members face one
70. _ Francisco
71. Near
72. "Melrose Place" actor Rob

DOWN
1. Deer's tail type
2. Hell _ no fury...
3. Largest continent
4. Alex Trebek portrayer in 'Celebrity Jeopardy!' sketches on "Saturday Night Live": 2 wds.
5. Negative response to the Drill Sergeant: 2 wds.
6. Small batteries
7. Gilles _, Bloc Quebecois leader
8. Football players, e.g.
9. Give money in advance
10. Mr. Knight
11. Jewel
12. Garlic sauce
13. Himalayas land
21. Accountant's review
25. Tightwad
27. Made do
28. The Dionnes famously
29. Jewels
30. Botanical leaf-to-stem angle
31. 1955 hit for Joan Weber: "Let _ _ Lover"
35. Hereditary social class
36. Diamond _ (Some earrings)
38. Grease
39. Currency exchange fee
40. Donald Trump and Jeb!, for short
43. Result in, eventually: 2 wds.
46. Bodies of work
48. Run off the track
51. Nat and Natalie
52. Maureen Forrester's music
53. About-face on the road
55. Gargle
58. Taro root
60. University house, e.g.
61. Border
62. Whiskey grains
64. Big _ (McDonald's order)
65. 'Legal' suffix

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't let your rivals see that you are worried. Today's Sun-Mercury link may give them the upper hand but you are under no obligation to make things easy for them. Act confident.

Taurus April 21 - May 21
You are tempted to retreat from the world but that would be a mistake. Ignoring your problems now is sure to make them worse in the long-term, so get out there and fight.

Gemini May 22 - June 21
If you have complicated plans on the go then it might be wise to postpone them for a day or two. Mercury's link to the Sun today suggests either that something is missing or that you have not thought things through.

Cancer June 22 - July 23
Your feelings for a certain person are likely to come to the fore and that could cause problems. Why? Both of you are already committed elsewhere and that spells trouble!

Leo July 24 - Aug. 23
Be wary of anyone who goes out of their way to do you a good turn today. That might sound cynical but the planets warn it is possible that someone you upset a long time ago is looking to get even.

Virgo Aug. 24 - Sept. 23
You are in an adventurous mood. You certainly have no intention of sitting around in the same old places, doing the same old things. But don't pressure others to move with you.

Libra Sept. 24 - Oct. 23
You can, if you wish, force your views and opinions on other people but it won't do you much good. No matter how persuasive and powerful you are today others will switch back to their old ways and beliefs tomorrow.

Scorpio Oct. 24 - Nov. 22
You may be a bit depressed, but console yourself with the thought that there are billions of people who would happily change places with you. Stop feeling sorry for yourself.

Sagittarius Nov. 23 - Dec. 21
If you take a certain course of action you are likely to regret it in the long-term, so why are you still pushing ahead? No doubt it has something to do with your stubborn nature.

Capricorn Dec. 22 - Jan. 20
Don't try to pretend that things are better than they are. The only way to succeed is to be brutally realistic, both with yourself and others.

Aquarius Jan. 21 - Feb. 19
It does not matter if you are in the right, the fact is you don't have your hands on the levers of power and that means you need to be careful. Don't pick fights with people you know you can't beat.

Pisces Feb. 20 - March 20
A colleague you think you can trust is not being entirely honest with you. Take heed if a friend warns you against this person — it may look like jealousy but the fact is they don't want to see you get hurt.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8			1		2	6		
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2015 SORENTO
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2015 IIHS TOP SAFETY PICK

2015 SOUL 1.6L LX MT

WELL-EQUIPPED FROM $14,244* INCLUDES EXTRA $750△

FOR A TOTAL OF $4,500* IN CASH DISCOUNTS

Soul SX Luxury shown‡. Cash purchase price $29,144.

2016 SORENTO 2.4L LX FWD

THAT'S LIKE PAYING ONLY $65Ω WEEKLY INCLUDES EXTRA $750△

LEASE FROM $280Ω MONTHLY $2,150 DOWN AT 1.9% APR FOR 60 MONTHS✓

Sorento SX Turbo AWD shown‡. Cash purchase price $43,944.

2015 OPTIMA LX AT

WELL-EQUIPPED FROM $20,714* INCLUDES EXTRA $750△

FOR A TOTAL OF $5,750* IN CASH DISCOUNTS

Optima SX Turbo shown‡. Cash purchase price $36,564.

SORENTO, SOUL

2015 IIHS TOP SAFETY PICK
SORENTO, OPTIMA, SEDONA, SOUL

2015 alg RESIDUAL VALUE AWARD
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Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from September 1 to 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to $1,715, $5 OMVIC fee, $29 tire fee, and $100 A/C charge (where applicable). Excludes other taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *0% financing for up to 84 months or up to $7,000 discount available on other select 2015 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $7,000 discount is offered on 2015 Optima Hybrid LX (OP74AF) only. Certain conditions apply. See your dealer for complete details. **Representative Financing Example**: Financing offer available on approved credit (OAC), on a new 2015 Forte Sedan LX MT (F054IF) with a selling price of $17,664 is based on monthly payments of $175 for 84 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $3,000 cash discount. Other taxes, registration, insurance and licensing fees are excluded. △$750 Celebration Bonus amounts are offered on select 2016 Sorento, 2015 Soul and 2015 Optima models and are deducted from the negotiated cash purchase, finance or lease price before taxes. Offer available from September 18 to 30, 2015 only while supplies last. Amounts vary by trim and model. Certain conditions apply. See your dealer for complete details. **Cash Purchase Price** for the new 2015 Soul 1.6L LX MT (SO55IF)/2015 Optima LX AT (OP74ZF)/2015 Optima Hybrid LX (OP74AF) is $14,244/$20,714/$24,764 and includes a cash discount of $4,500 including $750 Celebration Bonus△/$5,750 including $750 Celebration Bonus△/$7,000 including $6,000 cash discount and $1,000 ECO credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Ω**Representative Leasing Example**: Lease offer available on approved credit (OAC), on new 2016 Sorento 2.4L LX FWD (SR75AG) with a selling price of $29,344 is based on monthly payments of $280 for 60 months at 1.9%, with $0 security deposit, $2,150 down payment and $750 Celebration Bonus△ and first monthly payment due at lease inception. Total lease obligation is $16,809 with the option to purchase at the end of the term for $11,431. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ◇Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. ‡Model shown Manufacturer Suggested Retail Price for 2015 Soul SX Luxury (SO758F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75IG) is $27,295/$34,895/$42,095. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. The all-new 2016 Kia Sorento was awarded the 'iF Design Award' for its outstanding design. The 'iF Design Award' is one of the world's most important prizes for excellence in design, www.ifdesign.de. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.